Where Good Taste Meets Good Health
EatingWell
SEPTEMBER/OCTOBER 2015
LEAN & CLEAN
Comfort Foods Done Right!
~BEETS~
WAY BEYOND PICKLED!
PAGE 91
SPEEDY WHOLE GRAIN RECIPES
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HEALTHY FOOD-STORAGE UPGRADES
5 Chicken Soups FOR YOUR Soul

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COVER: JIM WESTPHALEN; STYLING: LIZ NEILY. JOANNE PALMISANO. THIS PAGE: KARLA CONRAD, STYLING: SUE HOSS, SUE MITCHELL

Farming Change

A couple of years ago I came home to find a pint jar full of some sort of dairy product in my refrigerator. I dipped a spoon in through the fattier cream on top and tasted. It turned out to be sour cream, mildly tangy, a little funky but rich and delicious. There were also six eggs and a jar of the yellowest butter I'd ever seen. Later that evening my friend Rick dropped by to see what I thought about the goodies he had left from the CSA he had joined. (A little explanation: Rick's nutty about supporting local farms, so often he belongs to two or three CSAs at a time.) As the weeks progressed he showed off pork and chicken, tomatoes and peppers and, when it turned to fall, beets (*page 41*), squash (*page 49*) and loads of dark leafy greens (*page 65*).

Here in Vermont, getting a weekly CSA share is old hat. Not only is this state filthy rich with artisanal cheesemakers and microbreweries, we've got small diversified farms galore that let us eat healthy, supremely tasty food grown right here. But Rick's CSA wasn't in Vermont. He was going across Lake Champlain, the 120-mile-long divider between New York and Vermont, to Essex Farm. Though he was taking just a 20-minute boat ride, he was going to Essex, a tiny town on the edge of the Adirondacks, where the nearest grocery store (a discount one) is a 30-minute drive. A few years prior, the idea of "great local food" there meant a basket of fries at a waterfront restaurant only open in summer.

Share pics of your favorite farms on Instagram. Tag @eatingwell and use #knowyourfarmer

By 2008, when Rick joined the CSA, the food scene around Essex had already started to change. Today the area has swelled with an influx of young farmers and food innovators. Essex Farm helped spark the area's transformation. Started in 2003 by Mark and Kristin Kimball, the revolutionary idea for the farm was to provide a "whole-diet CSA"—enough food for its members to live on 52 weeks a year—using draft horses. The idea was disruptive enough that it got Rick, a lover of any rebel cause, to join and it's in part what drew young people to come work for the Kimballs and then splinter off to start their own ventures.

We sent author Rowan Jacobsen to spend time with the Kimballs and the other characters around Essex for his story that starts on page 80. This piece is a great example of the change that is happening in out-of-the-way spots across America. Especially this time of year, with the bounty of fall, I know I am lucky to live in Vermont. But it's great to be reminded that in plenty of places, progress is being made and a small farm really can make a difference.

Cheers,

Jessie

Jessie Price, *editor@eatingwell.com*

SUNRISE OVER VERMONT The fertile Champlain Valley, shown here looking from Essex, New York, to Vermont, is dotted with small family farms. This one, owned by former Governor George Pataki, raises antibiotic-free grass-fed beef.

JED WALLACE BRODEUR

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PROTEIN POWERED: Get the real scoop on soy, whey & pea proteins // **PAGE 18**

FRESH

Get Your Goat

Thirty years ago, few Americans were familiar with goat cheese, but today the fresh creamy cheese is everywhere. Now sustainable-farming advocates hope we'll also fall in love with goat meat. Shirley Richardson, a small-scale Vermont farmer, is one of those advocates. She saw that the goat dairy industry generates a significant number of kids (baby goats) each year to keep their mothers producing milk. Dairy farms have no need for males and keep only some females, resulting in a lot of extra young goats. Explains Richardson, "Farmers welcomed help figuring out a way to put these surplus animals to productive use in the food chain."

This sustainable meat source often gets overlooked. Here's why you should give goat a place at your table.

Richardson co-founded Vermont Chevon and has been working to develop a sustainable and humane model for raising dairy goats for the meat market. While goat meat is popular worldwide, in America it has typically been limited to smaller ethnic markets and restaurants (Indian, Caribbean, Mexican). But that's changing as some upscale restaurants, including Chicago's Girl & the Goat, as well as Whole Foods Market and specialty butchers are adding it to their mix. Adam Danforth, butcher and James Beard Award-winning author, notes it's a challenge for retailers to carry goat meat. "There's slow progress, but I see it happening."

Another important task, Richardson says, is "educating chefs and consumers about this healthy and flavorful meat." Goat meat has about the same amount of protein as chicken breast and more iron than beef. "Goat is a good example of a meat that is ignored, based on ignorance," says Danforth. "It's delicious. Sweet, mild and not gamy at all. People are pleasantly surprised when they try goat—everyone from foodie laymen to really experienced chefs." – *Melissa Pasanen*

GRUFF & READY
Goat: Meat, Milk, Cheese by Bruce Weinstein and Mark Scarbrough is a great resource, with recipes for Jamaican jerk goat, kebabs and more. And come to *eatingwell.com* for our fork-tender goat curry recipe.

RANDY RYAN IMAGES/GETTY IMAGES

Real Veggies Have Curves

By Debbie Koenig

Imagine if having freckles or curly hair meant you were banished from society. That's basically what's happening in the produce aisle. One unsightly blemish or extra curve, and otherwise top-notch fruits and vegetables don't make it onto dinner plates. While it's hard to track, an estimated 30-40% of produce grown worldwide is tossed for strictly cosmetic reasons. In Europe, Canada and Australia, grocery stores are starting to sell ugly produce at discounted rates. Now similar movements are afoot stateside. Check out these initiatives and give so-called ugly produce a chance.

IMPERFECTLY DELICIOUS PRODUCE: Introduced by food-services giant Compass Group USA and partner Bon Appétit Management Company in 2014, the program rescues "cosmetically challenged" produce that would have gone to waste. Imperfectly Delicious Produce supplies more than 200 commercial kitchens in 14 states and is expanding. To date, its chefs have cooked up more than 200,000 pounds of ugly produce.

DAILY TABLE: Doug Rauch, former president of Trader Joe's, aims to bring healthy, inexpensive fare to areas that struggle with food insecurity, while also eliminating food waste, with Daily Table, his new nonprofit grocery store in the Dorchester neighborhood of Boston. An in-house chef transforms donated homely or surplus produce into grab-and-go meals that are just as easy—and inexpensive—as fast food, only far more nutritious.

HUNGRY HARVEST: Co-founders Evan Lutz and John Zamora buy not-quite-retail-pretty goods from about 70 farms and wholesalers in the mid-Atlantic region and distribute to more than 600 CSA members in the Washington, D.C., area at a lower price than most CSAs. Hungry Harvest has rescued nearly 20,000 pounds of produce monthly, and for every bag purchased by members it donates a healthy meal to a person in need.

* Transform Your Ugly Ducklings

Americans throw away about 90 billion pounds of food each year. Besides learning to love ugly produce, here are some ways you can help reduce food waste at home.

* **Freeze overripe bananas and puree into "ice cream" or blend into smoothies.**
* **Shred broccoli and cauliflower stems to use in soups and slaws.**
* **Blitz stale bread in the food processor to make bread-crumbs.**
* **Turn apple peels into sweet chips and potato peels into savory ones.**
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Why Your Kitchen Needs a Curfew

When it comes to cutting cancer risk, the focus is usually on *what* to eat—but *when* you eat may play a role too.

A recent study from the University of California, San Diego, found that curbing late-night eating may help you decrease your risk of developing breast cancer. Women who fasted overnight for at least 12 hours had better control over their blood sugar levels. Poor blood sugar control is a risk factor for both diabetes *and* breast cancer. Women with type 2 diabetes have a 23 percent higher risk of developing breast cancer. More research is needed in this area, but in the meantime it's probably a good idea to cut yourself off from the kitchen at least 12 hours before breakfast. —***Holley Grainger, M.S., R.D.N.***

Breast cancer is the most common cancer in women:

1 in 8 will develop it in their lifetime.

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Not-So-Scary Halloween Treats

Yours could be the house that passes out raisins and spider rings. But if you decide not to go full nutrition nanny, here are some yummy options you can feel a little better about that will have the kids ringing your doorbell.

54% **How much more fruits and vegetables kids ate at lunch when they had recess first,** compared to kids who ate first and played later. Researchers at Brigham Young University and Cornell hypothesize that running around first makes kids hungrier. Plus, they can focus more on lunch rather than rushing through it to be first in line for the swings. Another bonus? A 29% reduction in food waste. At home, hit the playground with your kids before lunch or dinner. —*Lindsay Westley*

900 million pounds of Halloween candy are purchased in the U.S. every year.

Oooh, now that's scary!

GET CREATIVE RECIPES *for healthy back-to-school lunches at eatingwell.com/webextra*

PHOTOGRAPHS BY MOLLY STEVENS; FOOD STYLING BY MARY CAMPBELL GAITHER

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LABEL WATCH

Shellac [shə-lak]

Also known as: Confectioner's glaze, candy glaze, lac resin, shellac wax
Typically found in: Shiny coatings of candies, pills & capsules, and on fruits & vegetables
What you need to know: This substance adds a shiny coating that extends shelf life and prevents dry-ing and bruising. Made from sticky lacquer secreted by East Asian lac insects, which is then heated and refined, it's considered safe and vegetarian, but not vegan. Because it's natural, shellac is allowed for use on organic foods, though it's not always labeled. On some produce, you'll see "coated with shellac-based wax to maintain freshness." If you can't get past the "ick" factor, look for produce that's uncoated or coated with organic beeswax, and scrutinize those candy packages. --*Anne Treadwell*

Frozen burritos are quick and convenient. Your whole meal, wrapped in a portable package—ready to heat and eat. Perfect for a "there's nothing in my fridge" lunch or super-easy dinner. How do you choose the healthiest ones? Here's what to look for when you shop.

Numbers to Look For

Serving Size: 1 Burrito	
Fiber	≥ 3g
Protein	≥ 8g
Sodium	≤ 500 mg

by Lisa D'Agrosa, M.S., R.D.

Hot & Healthy Frozen Burritos

PERFECT PORTION: Frozen burritos are reasonably sized and take the guesswork out of portion control. Unless you see a "big" or "jumbo" burrito, most are around 300 calories. For a well-rounded meal, pair with a side of veggies or salad.

FILLER-UPPER: Look for a burrito that combines protein with fiber, like beans with meat or veggies. Both are filling nutrients that help you stay satisfied post-burrito.

SNEAKY SODIUM: Some burritos deliver more than 1,000 milligrams of sodium and many hover in the 600-700 mg range. To keep your total daily sodium reasonable, choose a burrito with ≤500 mg of sodium.

BRANDS WE LOVE: **Cedarlane** (Beans, Rice & Cheese Style); **Luvo** (Chicken Poblano Verde; Organic Bean & Cheese); **Amy's Gluten Free** (Black Beans & Quinoa; Cheddar Cheese); **Evol** (Chicken Fajita with Guacamole; Shredded Beef)

ASK THE NUTRITIONIST

"Do calorie counts on menus matter?"

Have you noticed calorie counts popping up on menus, from the coffee shop to the movie theater? Well—they're here to stay. Per a ruling passed last year, U.S. chain restaurants with 20 or more locations will be required to list calorie information on their menus by December 2016.

The research on whether it will make us healthier is mixed: some studies say labeling makes little to no difference and others show that people use the calorie information to make better choices.

However, experts seem to agree that women—particularly those who are health-conscious—benefit the most. "People who eat a healthy diet and care about the nutrient content of their food are more likely to use menu labeling," says *EatingWell* advisor Rachel Johnson, Ph.D., M.P.H., R.D.

It also seems menu calorie counts are most effective when they're put in context. In one study, people ordered 120 fewer calories when calorie counts were paired with a green, amber or red traffic light symbol and a note explaining that the average person needs about 2,000 calories a day.

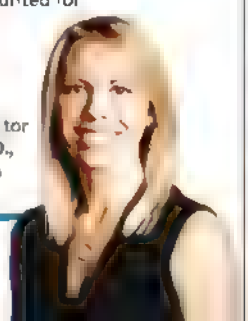
Another upshot: calories on the menu may help you eat less later. People ate on average 250 fewer calories at night—dinner and snack—when they saw calorie counts on the menu (plus the 2,000-calories reminder) compared to people who didn't see calories listed, revealed a study in the *American Journal of Public Health*.

Perhaps the best news? The regulations are leading food chains to healthy-up their menus. The largest U.S. chain restaurants slashed calories in new menu items by an average of 12 percent in 2012-13.

THE BOTTOM LINE

If you see calories on menus, don't ignore them. But to really reap the benefits, know your daily calorie limit. One caveat: the numbers include only what is listed with the menu item—extras like condiments or substitutions aren't accounted for.

Send your nutrition questions to Nutrition Editor **Brierley Wright, M.S., R.D.,** at askus@eatingwell.com



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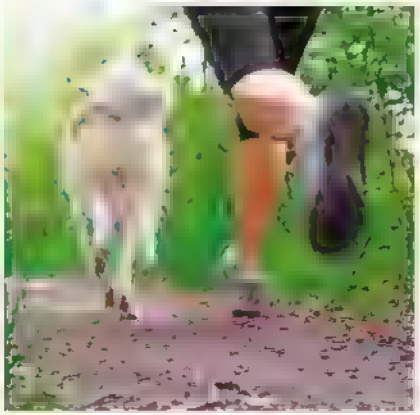

PET NUTRITION

"How can I tell if my pet is getting enough exercise?"

Your pets benefit from exercise the same way you do—it's good for weight control, improves their mood and can be really fun! Pets that are not getting enough exercise may start to "act out" and show behavior problems like nosing through the trash, clawing furniture and chewing shoes. If your dog isn't already active, slowly work up to a total of 30 to 45 minutes of walking per day.

Or be creative: swimming, agility, teaching new commands and getting involved in animal-assisted therapy are all great ways to get your dog exercise. Cats love to play with electronic toys, laser/pen lights, shoelaces and string toys. (Sorry, cat owners, there are no specific guidelines for felines.)

Remember, exercise alone (without proper nutrition) isn't enough to keep your pet trim, but it does keep their minds active and their muscles strong. Do check with your veterinarian before starting a new exercise program with your pet.

—Deborah Linder, DVM, DACN

Keep super-healthy foods like fruits, vegetables and salads in clear containers.
The semi-see-through containers are good for "middle-of-the-road" foods. Think whole-wheat pasta or hearty chili.
Keep chocolate cake and other treats from calling your name by storing them in opaque containers.

SOME OF OUR FAVORITE CONTAINERS
Left stack: Rubbermaid Glass Easy Find Lids (top two). SnapWare Glasslock; **right stack:** Lifefactory (orange, green), Pyrex (blue dots), Calypso Basic.

HEALTHY KITCHEN

Refresh Your Storage Strategy

The healthiest way to store your food is clearer than you think

"You're three times more likely to grab the first food you see than the fifth food," says Brian Wansink, Ph.D., author of *Slim by Design*—so make healthy foods easier to see and tempting foods invisible. In one study, people ate almost twice as much candy from clear vs. opaque bowls—55 extra calories daily, which can add up to 5-6 pounds of weight gain per year.

—Lainey Younkin, M.S., R.D.

PHOTOGRAPH BY BLAZEL LYNN SUPERSTOCK; PROP STYLING: MEGAN GILMORE

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Powered By Protein

Get the scoop on added proteins and how to try them in your kitchen.

By Victoria Shanta Retelny, R.D.N.

Stroll through the grocery store and you'll see a flurry of food products proudly touting their protein content. Foods like cereals and breads that aren't inherently protein-rich are now enhanced with added protein. We get it—protein is a powerhouse nutrient. While we still prefer getting protein from real food, it's not surprising that food companies are adding protein at every turn, and at home people are adding powders to smoothies, baked goods and more. There are dozens of protein powders to choose from—[illegible]—the ones most commonly added by food companies.

SOY (soy protein isolate, soy protein powder, hydrolyzed soy protein) **Origin:** Soybeans	This powerful plant protein can hold its own compared with animal protein. Research has shown that soy protein increases muscle mass and improves strength during and after exercise just as well as beef protein. Soy protein is unique in that it contains naturally occurring antioxidants called isoflavones, which can help reduce muscle damage during and after exercise.	• Helps muscles • Iron boost
WHEY (whey protein isolate, whey protein concentrate, hydrolyzed whey protein) **Origin:** Cow's milk	Whey protein is composed mostly of an amino acid called leucine, which is the most potent for building muscles. Whey may also be good for your waistline. When researchers gave people a whey protein drink, they lost about 4 pounds more and about an inch more from their waists over 6 months and felt less hungry than people given a carbohydrate shake instead.	• Helps muscles • Calcium boost • Slims you down
PEA (pea protein powder, pea protein isolate) **Origin:** Yellow peas	Unlike soy and whey, pea protein is free of common allergens. This plant protein is particularly high in the amino acid arginine, a precursor to creatine, which delivers energy to muscles. Recent research also revealed that pea protein might build muscle mass as well as whey protein does. Plus, preliminary research suggests it may have more appetite-curbing power than whey protein.	• Helps muscles • Iron boost • Keeps you satiated

Almond Butter & Banana Protein Smoothie

ACTIVE: 5 MIN **TOTAL:** 5 MIN

Almond butter adds nutty flavor plus 7 grams of protein to this smoothie.

- 1 small frozen banana
- 1 cup unsweetened almond milk
- 2 tablespoons almond butter
- 2 tablespoons unflavored protein powder
- 1 tablespoon sweetener of your choice (optional)
- ½ teaspoon ground cinnamon
- 4–6 ice cubes

Combine all ingredients in a blender and blend until smooth.

SERVES 1; 1¾ CUPS

Calories 402, Fat 22g (sat 2g), Cholesterol 0mg, Carbs 37g, Total sugars 14g (added 0g), Protein 19g, Fiber 9g, Sodium 576mg, Potassium 867mg

1 tablespoon of protein powder adds about 4 grams of protein. Women need about 46 grams daily; men should aim for 56 grams.

Source: Institute of Medicine

ERICA ALLEN STYLING; STYLE PARSER: JOSH MOLLY VELTE PROPS

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Powered By Protein

Continued from page 18

Replacing refined carbohydrates with protein may help you fend off long-term weight gain, found a 2015 study from Tufts University. Just adding more protein won't help, though. The protein in these pancakes replaces some of the carbs—but still make it a short stack

Oatmeal-Almond Protein Pancakes

ACTIVE: 30 MIN **TOTAL:** 45 MIN

Depending on the type of protein powder you pick, you might need to reduce the amount of liquid: whey protein pancakes need less liquid than those made with soy, hemp or pea protein.

Serve With *Yogurt and a DIY fruit sauce (warmed frozen berries with a pinch of sugar)*

- ½ cup unflavored protein powder
- ½ cup almond meal
- ½ cup oat flour *(see Tip, page 92)*
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 large eggs
- ¾ cup buttermilk
- 2 tablespoons canola oil
- 2 teaspoons vanilla extract

1. Combine protein powder, almond meal, oat flour, sugar, cinnamon, baking powder, baking soda and salt in a blender; pulse until fully mixed. Add eggs, buttermilk (reduce to ½ cup if using whey protein), oil and vanilla; pulse, stopping to scrape down the sides as needed, until combined. Let stand for 15 minutes

2. Coat a large nonstick skillet or griddle with cooking spray; heat over medium-high heat.

3. Make about 3 pancakes at a time, using ¼ cup batter per pancake; reduce the heat to medium. Cook until the edges are dry, 1 to 3 minutes. Flip and cook until golden brown on the other side, 1 to 3 minutes more. Repeat with the remaining batter, using more cooking spray and reducing the heat as needed. Serve warm

SERVES 4: 2 (3-INCH) PANCAKES EACH

Calories 328, Fat 18g (sat 2g), Cholesterol 94mg, Carbs 22g, Total sugars 5g (added 3g), Protein 19g, Fiber 4g, Sodium 541mg, Potassium 197mg.

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DIG A *Little* DEEPER

Partnering for Progress

Ensuring a sustainable future, where a balanced meal is accessible to everyone, is a goal that requires ongoing collaboration. That's why so many of today's experts in agriculture, science, education, conservation and philanthropy and many others are partnering – and making progress in a number of important areas.

Working together today, for a better tomorrow:

1 Organizations from the private and public sectors are working together to address the challenges of feeding a growing population. The goal? To collaborate on developing solutions for soil health, water conservation, deforestation, honey bee health and many other key issues.

2 Widespread research and education efforts are helping cultivate today's crops and tomorrow's scientists. One collaborative initiative plans to study, measure and identify ways to improve soil health, so farmers can implement sustainable practices such as planting cover crops (like grasses and legumes – which are planted but not harvested – keeping more roots, residue and organic matter in the soil to help it stay fertile).

3 Organizations, farmers, researchers and many others are collaborating to develop new tools to help farmers have better harvests. Some successes: crops that can grow in drought conditions and new precision agriculture tools to help farmers make the best decisions throughout the growing season while using resources more efficiently.

Food for thought:

The estimated percentage that food production needs to increase by 2050 to feed a growing population, which is why so many organizations are collaborating to help make balanced meals more accessible

Over 200 universities worldwide offer degrees in advanced agricultural sciences, cultivating the experts of tomorrow

By 2050, it's estimated that agricultural technologies could increase crop output by

67%

and cut food prices by roughly half.

Look for more topics in future issues Be part of the conversation at **Discover.Monsanto.com**

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It Takes a Neighborhood

From sidewalks and bike lanes to fresh food at the corner store, your environment shapes your health. Meet three communities promoting healthier lifestyles—and learn how you can make yours a better place to live. By Jessica Migala

A Building That Grows Its Own Food

When Les Bluestone of Blue Sea Development was brainstorming Arbor House, a low-income rental apartment building located in the Bronx in New York City, he looked at what the neighborhood was missing. Though restaurant owners and supermarket operators flock to the largest wholesale produce market in the country just blocks away, "there were surprisingly next to no places for residents to buy fresh fruits and vegetables," says Bluestone. So he built a 10,000-square-foot greenhouse on the roof, and the 124-unit development opened in early 2013 with Platinum LEED certification. Residents can purchase a discounted CSA share using SNAP benefits (aka food stamps) from the rooftop "farm," which sets aside 40 percent of its crops for the local community. Next up: education. "Many families didn't grow up with fresh produce. We plan to organize classes on the benefits of eating fresher food and how to prepare it," Bluestone says.

The City That Loses Together

"Eighty percent of the citizens in Brownsville, Texas, are overweight or obese—that's about 10 percent higher than national rates," says Belinda Reininger, Ph.D., of The University of Texas School of Public Health. "We wanted to make losing weight something you could talk about and get your friends involved." Through the Community Advisory Board, the city set up a "Biggest Loser"-style weight-loss challenge, now an annual event six years running. "This isn't about crash dieting, it's about changing a

TOM C. TITUS (DRAWMDTOM.COM)

1 GET WALKING: Research shows that hooking up with an exercise buddy holds you accountable and keeps you motivated. Organize a walking club and pledge to walk a specific distance. Or take a cue from the rural community of Williamson, West Virginia, which motivated residents by partnering with Marin County, California (one of the healthiest counties in the nation) and vowing to "walk the distance between Williamson and Marin—over 2,500 miles." They hoofed it every lunch hour and charted their progress on a map. In a town where walking was reportedly something no one did, the program completely revamped daily habits.

2 CHANGE YOUR COMMUTE: Consider ditching your car for a bike to get to work or run errands. Commuters who switched from car to bike reported greater levels of mental well-being, a 2014 U.K. study found. Not possible? Walking to or from public transportation can also give you a brain boost. Every minute counts.

3 CALL A MEETING: Set guidelines with coworkers about workplace food. Aim to serve fruits, vegetables, nuts and air-popped popcorn instead of pastries at meetings. You'll make smarter choices when healthy foods are convenient and within reach, finds a new Cornell University study.

4 OPEN IT UP: Talk to school and city officials about joint use agreements, which allow buildings like school gyms, churches or rec centers to be open to the community. Getting to know your neighbors pays off: Having social support in your community can significantly cut your heart attack risk, says research in the *Journal of Epidemiology and Community Health*.

5 GARDEN MORE: Grow your own produce at home or in a community garden (find one at *communitygarden.org*). Or volunteer your green thumb and maintain plots that benefit low-income residents. You'll help out your city and possibly get healthier too. Adults in community-gardening programs had lower BMIs than nongardeners, per a study in the *American Journal of Public Health*.

IN THE KNOW

Check out these organizations that help communities get healthier

- **Robert Wood Johnson Foundation Culture of Health**
- **Clinton Health Matters Initiative**
- **The Y: Healthier Communities Initiatives**

lifestyle," says Reininger. That's done via free weekly community events like fun runs, Zumba classes and healthy-eating seminars. In 2015, the 3-month challenge drew 1,263 registrants, who lost a total of 2,402 pounds. Because of these and other efforts, the city received the prestigious 2014 Robert Wood Johnson Foundation Culture of Health Prize. Post-challenge, the good vibes keep going with free exercise and cooking classes, as well as CycloBia, an event where the city closes streets several times throughout the year for residents to bike.

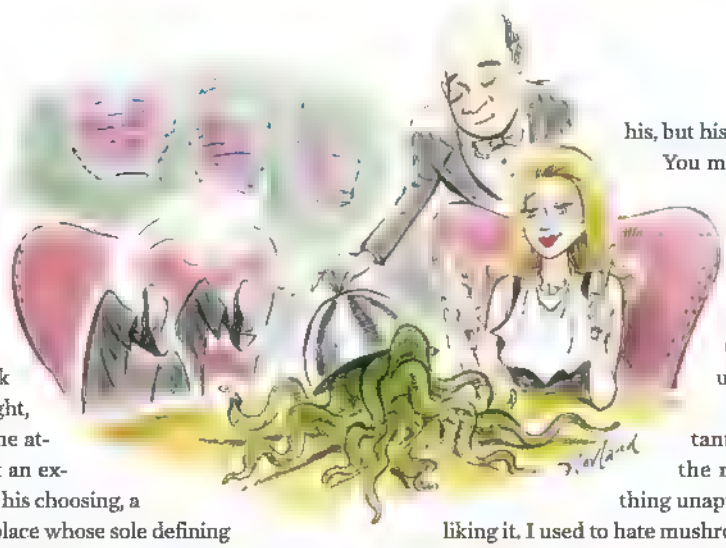
The State Breathing Easier

With Ohio ranked 40th nationally in overall health, the state needed a healthy culture change to help reduce rates of chronic diseases like high blood pressure, heart disease and diabetes. In hopes of climbing those ranks, Ohio's Creating Healthy Communities was conceived in 2010. The initiative funds 23 local counties to aid communities to make healthy choices easy ones. One example: Marion County, which recently opened a six-mile walking and biking trail, is refurbishing or creating new recreation spaces in formerly rundown locations and establishing tobacco-free parks, schools and public spaces. But results don't happen overnight. "It took decades to get to our chronic disease rates and it will take decades to get out of it," says program manager Ashley Sweeny Davis, M.A., R.D.

Acquired Tastes

In life and with food, a sense of adventure is a key ingredient

By Hillary B. Nussbaum



Our first date was promising. Cocktails at the bar of a vaguely trendy hotel with dim lighting, plush seating and drinks just strong enough to induce a heady glow that I attributed to the charms of my suitor.

Our second date was a stark contrast—the lighting too bright, the dining room too empty, the atmosphere too stiff. We ate at an expensive Chinese restaurant of his choosing, a personality-devoid Midtown place whose sole defining feature was that it was "fancy." Though the restaurant's formality was better suited to a business lunch than a romantic dinner, I saw it as an indication of serious interest on his part, and I couldn't help but be just a bit flattered.

As we made small talk and perused our menus, the waiter set down a brimming basket of prawn crackers in shades of pink and white and green. I loved eating them as a kid, resting them on my tongue and reveling in the strange sensation of the crisps prickling and clinging as they dissolved. I was excited about them; my date was skeptical. He'd never seen prawn crackers, which only made me more enthused—I'd get to let him in on the fun.

"Are those spicy?" he asked, nervously eyeing the trio of brightly colored dipping sauces that had also arrived on our table. "They look spicy."

I assured him that at least one of the sauces was syrupy sweet. The orange one maybe, the one without the red flecks, though I wasn't entirely sure. He remained apprehensive, even after I offered to sample them all. I lifted my fork and positioned it above one of the little bowls, ready to dip in the tip of a tine. He looked at me in shock.

"What if they're spicy? You're serious? You're really going to do that?"

I was. And I did. If you had seen his expression, you'd think I had just bitten into a ghost pepper, rather than sampled a droplet of maybe-sorta-possibly spicy sauce.

I should've known right then that this particular match wasn't going anywhere. I have a rule about food: always taste everything. "Everything" being mutable in the face of dietary restrictions, allergies and situations of questionable sanitation. If your health isn't at risk—and on certain occasions, even when it is—you should be open to trying anything. It was my rule to follow, not his, but his shock was revelatory.

You miss out if you shy away from the unfamiliar. In food, as in life. There are plenty of foods that look unappetizing, but taste incredible. Uni, for instance. Grits. Onion soup. You won't know unless you try.

Equally, if not more important, is this: in my experience, the more often you taste something unappealing, the closer you get to liking it. I used to hate mushrooms—their taste, their smell, their spongy-firm consistency. But at a certain point, my disgust turned to curiosity. So many other people loved them, what was I missing? I tried mushrooms every time they showed up at a meal, almost to confirm that they were really as gross as I remembered. And they were, until finally, they weren't. The same happened with avocados. I hated them, until I didn't. One day their cold, dense mush suddenly became a treat, sumptuous in its own uniquely slippery way.

You can tell a lot about a person from what they eat—how well they take care of themselves, how adventurous they are, how indulgent, how thrifty, how pretentious, how risk-averse. How much they're swayed by fads, how much they value nostalgia. How difficult they are to please. How open they are to exploration.

I went out once more with the guy who was afraid of the dipping sauces, and it was a complete disaster, for reasons only indirectly related to what we did—or didn't—eat. Like that Chinese restaurant, his most notable feature was a preoccupation with wealth, and as he name-dropped businessmen I had never heard of, I stopped seeking conversational common ground and contented myself with swirling designs in the glaze of hot fudge on my plate. (Fittingly, we had our third and final date over dessert.)

Yes, I could have predicted that we weren't a good match, but I had been wary of being overly critical, too judgmental. I didn't want to write him off too quickly after our second date—we all have our flaws. So I gave him that one last shot. Maybe I was hoping his personality would be an acquired taste.

It wasn't.

HILLARY NUSSBAUM *is a NYC-based writer and photographer who really will taste anything .. even if it's on someone else's plate*

GARY TOOLEY

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WEEKNIGHTS

Roasted Chicken & Vegetable Quinoa Salad, p 32

Whole-Grain Mains

Quick-cooking whole grains help get a healthy dinner on the table fast.

KARA CONRAD STYLING; SUE JOSE MAYDA; MEDIA FOOD STYLING; MELISSA TIERNEY PROP STYLING

Millet-Stuffed Peppers with Ginger & Tofu

ACTIVE: 40 M N **TOTAL:** 40 MIN

With a nutty corn flavor, naturally gluten-free millet cooks quickly because of its small size. We like Asian-flavored baked tofu in this recipe, but choose your favorite flavor. SERVE WITH *Roasted broccoli drizzled with sesame oil.*

- 1¾ cups water
- ¾ cup millet
- 2 large red bell peppers, halved lengthwise and seeded
- 4 ounces flavored baked tofu, diced
- 2 medium carrots, grated
- ¼ cup chopped fresh cilantro
- 3 tablespoons canola oil
- 1½ tablespoons reduced-sodium tamari
- 2 teaspoons minced serrano *or* jalapeño pepper
- 1 clove garlic, minced
- 1 teaspoon grated fresh ginger
- 1 teaspoon sugar

1. Position rack in upper third of oven; preheat to 425°F.

2. Combine water and millet in a medium saucepan; bring to a boil over high heat. Cover, reduce heat to maintain a simmer and cook until the millet is tender and the liquid is absorbed, 18 to 22 minutes.

3. Meanwhile, place bell pepper halves cut-side up in a broiler-safe pan. Bake until starting to soften, 6 to 10 minutes. Remove from the oven. Turn broiler to high.

4. Combine tofu, carrots, cilantro, oil, tamari, chile pepper, garlic, ginger and sugar in a medium bowl. Stir in the millet. Stuff each pepper half with about 1 cup of the mixture.

5. Broil the peppers until heated through and the millet is starting to brown, 4 to 6 minutes.

SERVES 4: 1 STUFFED PEPPER HALF EACH

Calories 344, Fat 15g (sat 2g), Cholesterol 0mg, Carbs 39g, Total sugars 6g (added 1g), Protein 13g, Fiber 6g, Sodium 413mg, Potassium 358mg.

Roasted Chicken & Vegetable Quinoa Salad

ACTIVE: 40 M N **TOTAL:** 45 MIN

Preparing the quinoa with a little less water than is typical makes it cook more quickly and keeps it fluffier—perfect for soaking up the dressing in this salad. SERVE WITH *Garlic-rubbed toast.* (Photo: page 31)

- 3 cloves garlic, minced
- 1 teaspoon salt, divided
- 5 tablespoons extra-virgin olive oil
- 3 teaspoons fennel seeds, crushed, divided
- ½ teaspoon ground pepper, divided
- 10 ounces mushrooms, quartered
- 4 medium carrots, sliced ½ inch thick
- 1 medium onion, cut into ¾-inch wedges
- 1½ cups water
- 1 cup quinoa
- 1 pound chicken tenders, halved crosswise
- 3 tablespoons sherry vinegar *or* red-wine vinegar
- 8 cups torn escarole *or* curly endive

1. Preheat oven to 475°F

2. Mash garlic and ¾ teaspoon salt into a paste with the side of a chef's knife or a fork. Transfer to a large bowl and whisk in oil, 2 teaspoons fennel seeds and ¼ teaspoon pepper.

3. Combine mushrooms, carrots and onion in a medium bowl. Drizzle with 2 tablespoons of the oil mixture and toss well to coat. Spread the vegetables on a large rimmed baking sheet. Roast for 10 minutes.

4. Meanwhile, combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat to maintain a simmer and cook for 10 minutes. Remove from heat and let stand, covered, for 5 minutes.

5. Combine chicken, 2 teaspoons of the oil mixture, the remaining 1 teaspoon fennel seeds and ¼ teaspoon each salt and pepper in the medium bowl. Toss to coat.

6. Stir the vegetables and nestle the chicken among them. Continue roasting until an instant-read thermometer inserted into the thickest part of a chicken tender registers 165°F, 8 to 10 minutes more.

7. Whisk vinegar into the remaining oil mixture. Add escarole (or endive) and the quinoa and toss with the dressing. Serve the salad topped with the roasted vegetables and chicken.

SERVES 4: ABOUT 2¼ CUPS EACH

Calories 516, Fat 24g (sat 4g), Cholesterol 63mg, Carbs 43g, Total sugars 8g (added 0g), Protein 34g, Fiber 10g, Sodium 711mg, Potassium 1,242mg.

Body

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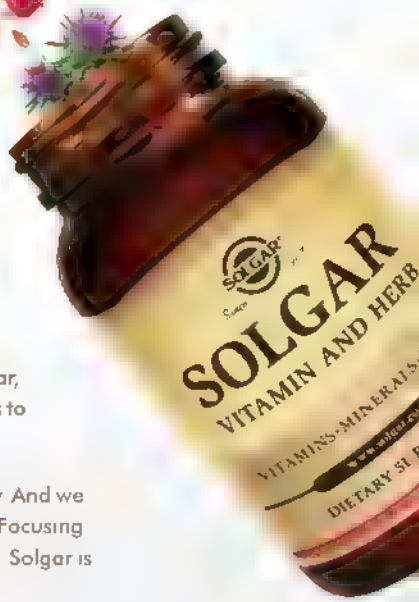

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PICKLED PINK
Try these quick pickled red onions as a delicious topping for tacos, salads and sandwiches.

Beef & Bulgur Burgers with Blue Cheese

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Bulgur, aka cracked parboiled wheat berries, is a good weeknight whole grain because it's been partially cooked before being dried. Check the package directions—some brands just need a quick soak in boiling water, while others need to be cooked for up to 15 minutes. SERVE WITH *Roasted potato wedges and sliced tomatoes.*

- ½ cup bulgur
- 1 cup sliced red onion
- ½ cup red-wine vinegar
- ½ cup water
- 1 teaspoon sugar
- 1 pound 90%-lean ground beef
- ½ cup crumbled blue cheese
- ½ teaspoon celery salt *or* ¼ teaspoon salt
- ½ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil
- 4 large pieces green-leaf lettuce

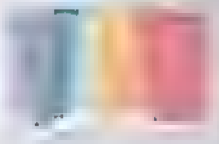
1. Prepare bulgur according to package directions. Drain in a fine mesh sieve, pressing to extract as much liquid as possible. Transfer the bulgur to a large bowl. Let cool for 5 minutes.

2. Meanwhile, combine onion, vinegar, water and sugar in a medium saucepan. Bring to a boil and cook for 2 minutes. Remove from heat and set aside, stirring occasionally.

3. Add beef, blue cheese, celery salt (or salt) and pepper to the bulgur; use your hands to gently combine. Form the mixture into 4 burgers, about 4 inches in diameter.

4. Heat oil in a large nonstick skillet over medium heat. Cook the burgers until browned and an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 6 minutes per side. Drain the pickled onion. Serve each burger on a lettuce leaf, topped with onion.

SERVES 4: 1 BURGER & ¼ CUP ONION EACH
Calories 346, Fat 18g (sat 7g), Cholesterol 82mg, Carbs 17g, Total sugars 2g (added 0g), Protein 28g, Fiber 4g, Sodium 422mg, Potassium 473mg.



EDITOR'S PICK: "Pretty and functional! These 100% organic cotton Diamond Chambray kitchen towels from Coyuchi are super-absorbent and still look great after many trips through the wash."
—Stacy Fraser, Test Kitchen Manager

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Freekeh Tabbouleh with Spiced Lamb Kofta

ACTIVE: 45 MIN **TOTAL:** 45 MIN

Earthy freekeh is whole-grain wheat that's been harvested early, while still soft and green. Look for it in two forms: whole or quick-cooking cracked; 2 cups of cooked bulgur can also be used as a sub.

SERVE WITH *Spinach salad tossed with Garlic-Oregano Vinaigrette* (eatingwell.com).

- 2 cups water
- ¾ cup freekeh
- 2 tablespoons grated onion
- 2 cloves garlic, grated or minced, divided
- 1 teaspoon ground cumin
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper
- 1 cup low-fat plain Greek yogurt
- 1 pound lean ground lamb
- 3 tablespoons extra-virgin olive oil, divided
- 3 tablespoons lemon juice
- 1½ cups diced English cucumber
- 1½ cups chopped fresh parsley
- 1 cup halved grape tomatoes

1. Combine water and freekeh in a medium saucepan; bring to a boil over high heat. Cover, reduce the heat to maintain a simmer and cook until the liquid is absorbed, 12 to 15 minutes for cracked freekeh, 20 to 25 minutes for whole freekeh. Remove from heat and let stand, covered, for 5 minutes. Drain any remaining liquid and set aside to cool.

2. Meanwhile, combine onion, half the garlic, cumin, ½ teaspoon salt and pepper in a large bowl. Scoop half the mixture into a smaller bowl and mix well with yogurt; set aside for serving. Add lamb to the remaining spice mixture and use your hands to gently combine. Form the lamb mixture into 8 oblong patties.

3. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the patties, reduce heat to medium and cook, turning once or twice, until an instant-read thermometer inserted into the center registers 165°F, 8 to 12 minutes total.

4. Whisk the remaining 2 tablespoons plus 1 teaspoon oil, lemon juice, the remaining garlic and ¼ teaspoon salt in a large bowl. Add cucumber, parsley, tomatoes and the cooled freekeh; gently toss to combine. Serve the lamb patties with the freekeh tabbouleh and spiced yogurt.

SERVES 4: 2 LAMB PATTIES, 1 CUP TABBOULEH & ¼ CUP YOGURT EACH

Calories 508, Fat 28g (sat 9g), Cholesterol 79mg, Carbs 33g, Total sugars 5g (added 0g), Protein 31g, Fiber 8g, Sodium 537mg, Potassium 562mg

DISEASE FIGHTER

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Two-Pepper Shrimp with Creamy Pecorino Oats

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Oats are not just for breakfast! Simmered with scallions and cheese, these savory oats are reminiscent of risotto in this play on shrimp & grits. SERVE WITH *A glass of unoaked Chardonnay.*

- 6 teaspoons extra-virgin olive oil, divided
- 3 teaspoons butter, divided
- 6 scallions, white and light green parts sliced, divided
- 1 cup old-fashioned rolled oats
- 2 cups water
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 pound raw shrimp (16-20 count; *see Tip, page 92*), peeled and deveined
- ⅛ teaspoon cayenne pepper, or to taste
- 1 pound baby spinach
- ¼ teaspoon hot sauce, or to taste
- ½ cup grated Pecorino *or* Parmesan cheese

1. Heat 2 teaspoons oil and 1 teaspoon butter in a medium saucepan over medium heat until the butter is melted. Add scallion whites and cook, stirring occasionally, until softened, 2 to 3 minutes. Add oats and stir for 1 minute, then add water and ¼ teaspoon each salt and pepper. Bring to a boil, then reduce heat to a simmer; cook, stirring often, until creamy, 8 to 10 minutes

2. Meanwhile, sprinkle shrimp with cayenne and the remaining ¼ teaspoon pepper Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the shrimp and cook until just opaque, 2 to 4 minutes per side. Transfer to a clean bowl; cover to keep warm.

3. Add the remaining 1 teaspoon oil and 1 teaspoon butter to the skillet. Add half the spinach; cook, stirring, until slightly wilted, about 1 minute. Add the remaining spinach and cook, stirring, until wilted, 2 to 3 minutes more. Add hot sauce and the remaining ¼ teaspoon salt.

4. Stir cheese and the remaining 1 teaspoon butter into the oats. Serve the oats with the spinach and shrimp. Sprinkle with the scallion greens.

SERVES 4: 4-5 SHRIMP, ½ CUP OATS & ½ CUP SPINACH EACH

Calories 342, Fat 15g (sat 5g), Cholesterol 199mg, Carbs 20g, Total sugars 2g (added 0g), Protein 34g, Fiber 5g, Sodium 678mg, Potassium 1,014mg.

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SALMON WITH HONEY AND MUSTARD SAUCE

Ingredients
SERVES 6

6 salmon fillets
1 medium onion
½ lemon
2 garlic cloves
A few bay leaves
2 tablespoons honey
1 tablespoon mustard
½ teaspoon salt
6 tablespoons olive oil

Preparation

1. Combine the sliced garlic, olive oil, salt, mustard and honey and marinate the salmon fillets for five hours
2. Lay the salmon on a tray, top with sliced lemons and bay leaves
3. Cover the tray with parchment paper and cook in a 320°F (160°C) preheated oven
4. Serve with sautéed vegetables, potato cakes or mashed potatoes, if desired

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IN SEASON

This humble root is packed with nutrients and adds stunning color to any dish, from slaw to cupcakes

Beets, Sweet!

Beets may seem dowdy, but did you know they might enhance your—ahem—sex life? Aphrodite, the Greek goddess of love and pleasure, was pretty keen on beets. Legend has it she believed the deep red, often heart-shaped tubers symbolized love and could act as an aphrodisiac—and she may have been right. Beets are one of the few foods naturally rich in betalains, red pigments with antioxidant and anti-inflammatory properties that may increase feelings of well-being as well as athletic performance. Betalains also improve circulation and relax blood vessels, which is good for your heart... and other parts. So on your next trip to the farmers' market, look out for this rousing root vegetable. Not only can beets add natural sweetness to your cooking, they might add a little sugar to your love life as well.

—*Breana Lai, M.P.H., R.D*

FIND YOUR BEET

Globes—are the most common

Long, thin Cylindra, at your local market

Pear & Chioggia Beet Slaw

ACTIVE: 20 MIN **TOTAL:** 20 MIN

Raw shredded beets, just like raw shredded carrots, are crunchy, vibrant and sweet. This fresh slaw is delicious on its own or as a topping for tacos, pork chops or a hot dog.

- 3 tablespoons grapeseed oil or extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon honey
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 cups shredded peeled beets (2-3 medium)
- 1 cup shredded carrots (about 2 medium)
- 1 cup grated firm ripe pear (about 1 medium)
- 1 scallion, thinly sliced on the diagonal

Whisk oil, lemon juice, honey, salt and pepper in a large bowl. Add beets, carrots, pear and scallion. Toss well to coat.

SERVES 4: 1 CUP EACH

Calories 166, Fat 10g (sat 1g), Cholesterol 0mg, Carbs 19g, Total sugars 12g (added 1g), Protein 2g, Fiber 4g, Sodium 221mg, Potassium 391mg

MAKE THESE GLUTEN FREE

Swap a cup for cup gluten free flour blend for the white wheat flour and use gluten free vanilla extract. See our gluten free flour blend testing notes on page 92

Chocolate-Beet Cupcakes with Cream Cheese Frosting

ACTIVE: 35 MIN **TOTAL:** 1½ HRS

TO MAKE AHEAD: Store unfrosted cupcakes at room temperature for up to 1 day; refrigerate frosting for up to 1 day

EQUIPMENT: Muffin tin with 12 (½-cup) cups; paper liners

Eat a cupcake and get some veggies too! Beets bump up the fiber, give the cake a soft, moist texture and act as a natural food dye. Use red beets to give the cream cheese frosting a vibrant pink hue.

- 2 cups diced peeled beets (½-inch; about 2 medium)
- ⅔ cup buttermilk
- 1½ cups white whole-wheat flour
- ½ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¼ cup canola oil *or* grapeseed oil
- 1¾ cups packed confectioners' sugar, divided
- 2 teaspoons vanilla extract
- 5 ounces reduced-fat cream cheese, at room temperature

1. Preheat oven to 350°F. Line 12 (½-cup) muffin cups with paper liners.

2. Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beets, cover and steam until tender, 10 to 12 minutes. Transfer to a blender. Add buttermilk and puree until smooth. Reserve 2 tablespoons of the beet puree. Pour the rest into a large bowl.

3. Whisk flour, cocoa, baking soda, baking powder and salt in a medium bowl. Whisk egg, oil, 1 cup confectioners' sugar and vanilla into the beet puree in the large bowl. Stir in the dry ingredients until just combined. Spoon the batter into the prepared muffin cups.

4. Bake the cupcakes until a toothpick inserted into the center comes out clean, 18 to 20 minutes. Transfer to a wire rack and let cool completely.

5. To prepare frosting: Combine the remaining ¾ cup confectioners' sugar and cream cheese with the reserved beet puree in a medium bowl. Beat with an electric mixer until smooth. Top each cooled cupcake with a generous 1 tablespoon frosting.

SERVES 12: 1 CUPCAKE EACH

Calories 221, Fat 8g (sat 2g), Cholesterol 25mg, Carbs 34g, Total sugars 20g (added 17g), Protein 5g, Fiber 3g, Sodium 252mg, Potassium 194mg

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Balsamic-Glazed Beets with Pecans

ACTIVE: 15 MIN **TOTAL:** 25 MIN

A light-colored vinegar in the glaze allows for the gorgeous colors of yellow and Chioggia beets to shine. If using red beets, regular balsamic vinegar is also a good option.

- 4 cups peeled beet wedges (1 inch thick; about 3 medium beets)
- 3 tablespoons white balsamic vinegar or rice vinegar
- 1 tablespoon water
- 1 tablespoon butter
- 2 teaspoons sugar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons toasted chopped pecans

1. Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beets, cover and steam until tender, 15 to 20 minutes.

2. Combine vinegar, water, butter, sugar, salt and pepper in a large skillet. Cook over medium heat until the butter is melted and the mixture starts to bubble. Add the beets and cook, stirring often, until most of the liquid has evaporated and the beets are glazed, 2 to 5 minutes. Top with pecans.

SERVES 4: ¾ CUP EACH

Calories 140, Fat 7g (sat 2g), Cholesterol 8mg, Carbs 16g, Total sugars 12g (added 2g), Protein 3g, Fiber 5g, Sodium 256mg, Potassium 485mg.

GREAT GREENS

If your beets come with the greens still attached, chop them off before storing. Use the beet greens as you would spinach or chard.

Red Flannel Hash

ACTIVE: 35 MIN **TOTAL:** 35 MIN

To make this a main dish, top this beet, fennel and potato hash with a fried egg or flakes of smoked trout.

- 2 cups diced peeled beets (½ inch; about 2 medium)
- 2 cups diced russet potatoes (½ inch)
- 2 tablespoons extra-virgin olive oil, divided
- 1 cup diced fennel bulb plus ¼ cup chopped fronds for garnish
- 1 cup diced shallots
- 1 large clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon ground pepper

1. Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beets, cover and steam for 4 minutes. Add potatoes, cover and steam until just tender, 5 to 7 minutes more.

2. Heat 1 tablespoon oil in a large cast-iron or nonstick skillet over medium heat. Add diced fennel and shallots, cook, stirring occasionally, until softened, 4 to 6 minutes. Add the remaining 1 tablespoon oil and the steamed vegetables; cook, stirring occasionally, until the vegetables are starting to brown, 4 to 6 minutes. Add garlic and cook, stirring, for 1 minute. Stir in salt and pepper and fennel fronds, if using.

SERVES 4: 1 CUP EACH

Calories 189, Fat 7g (sat 1g), Cholesterol 0mg, Carbs 29g, Total sugars 8g (added 0g), Protein 4g, Fiber 5g, Sodium 364mg, Potassium 762mg.

EDITOR'S PICK

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—Carolyn Casner, Recipe Developer

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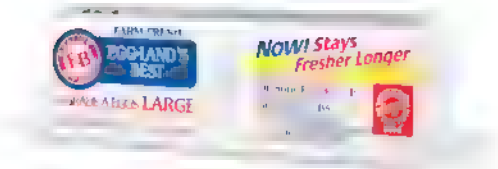

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MARKET PICK

Stew, Mash, Roast, Squash!

TIME IS MONEY Have you discovered precut butternut squash? Since it took us about 15 minutes to peel, seed and cut up a whole butternut squash, it may be just the product that moves squash from weekend to weeknight ingredient. And it costs a mere $1.50 more to buy it already prepped. Precut vegetables may have a rep for being slimy or dried out, but that's not the case here so give this product a try if you want to save time.

SHOP THE CHOP Precut butternut squash is usually sold in a 20-ounce package of large cubes (5 cups of 1- to 2-inch pieces) or 16-ounce package of smaller diced squash (3 cups of ½-inch pieces) If you find the larger cubes but need the smaller pieces, cut them into ½-inch dice before cooking. Or if you buy the smaller dice but need the larger cubes, measure what you need from 2 packages and reduce the cooking time.

TO YOUR HEALTH Butternut squash is a nutritional gold mine—a single cup of cubes boasts more than 4 times your daily value of vitamin A, which promotes healthy eyes. And adding as little as a teaspoon of oil or butter increases your body's absorption of vitamin A by up to 650%. Squash is also a good source of fiber, which helps you feel full and may lower your risk of heart disease. —*Carolyn Malcoun*

KAR A CONRAD STYLING AT B JOSS MA'S DISH MEDIA. FOOD STEM TERRELL. THE PROPS STYLED PROPS.

GOOD CATCH
All wild salmon—and now some farmed—are considered a sustainable choice for the environment. For farmed, ask for fish that's raised in land- or tank-based systems.

Roasted Salmon & Butternut Squash Salad

ACTIVE: 30 M N **TOTAL:** 35 MIN

A bit of maple in the dressing picks up on the sweetness of the squash while cider vinegar cuts through the buttery salmon. Double the dressing to use on your lunchtime salads this week. SERVE WITH *A glass of Beaujolais.*

- 1 16-ounce package diced peeled butternut squash (*see "Shop the Chop," page 49*)
- 5 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 1¼ pounds salmon fillet, skinned and cut into 4 portions
- 5 tablespoons cider vinegar
- 1 tablespoon maple syrup
- 1 teaspoon whole-grain mustard
- 1 5-ounce package arugula
- 3 cups chopped red cabbage

1. Preheat oven to 425°F

2. Toss squash with 1 tablespoon oil and ¼ teaspoon each salt and pepper. Spread on a large rimmed baking sheet. Roast, stirring once, for 15 minutes.

3. Push the squash to one side of the pan and line the empty side with foil. Place salmon on the foil and sprinkle with ¼ teaspoon each salt and pepper. Continue roasting until the squash is tender and the salmon is cooked through, 5 to 10 minutes more.

4. Meanwhile, whisk the remaining 4 tablespoons oil, ½ teaspoon salt and ¼ teaspoon pepper with vinegar, maple syrup and mustard in a large bowl. Set aside 2 tablespoons of the dressing. Add arugula, cabbage and the squash to the large bowl and gently toss. Serve the salad topped with the salmon and drizzled with the reserved dressing.

SERVES 4: 4 OZ. SALMON & 2 CUPS SALAD EACH

Calories 422, Fat 23g (sat 4g), Cholesterol 66mg, Carbs 22g, Total sugars 9g (added 3g), Protein 31g, Fiber 4g, Sodium 706mg, Potassium 1,210mg.

Squash & Red Lentil Curry

ACTIVE: 15 M N **TOTAL:** 40 MIN

This curry has a rich flavor and complexity that tastes like it takes hours to prepare. SERVE WITH *Brown jasmine rice or store-bought chapati*

- 2 tablespoons canola oil
- 1½ cups diced onion
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 2 teaspoons curry powder *or* garam masala
- 1 20-ounce package cubed peeled butternut squash (*see "Shop the Chop," page 49*)
- 1 cup red lentils
- 1 cup chopped fresh tomato *or* one 15-ounce can diced tomatoes, drained
- 1½ teaspoons salt
- 4 cups water
- 1 14-ounce can "lite" coconut milk
- 5 lime wedges
- Chopped fresh cilantro for garnish

1. Heat oil in a large pot over medium-high heat. Add onion, garlic, ginger and curry powder (or garam masala); cook, stirring often, until the onion is starting to soften, 2 to 3 minutes. Add squash, lentils, tomato and salt; cook, stirring, for 1 minute. Add water. Cover and bring to a boil over high heat. Reduce heat to maintain a lively simmer; cook, covered, stirring occasionally, until the squash is tender and the lentils are mostly broken down, about 20 minutes.

2. Stir in coconut milk and simmer until heated through, about 1 minute. Serve with lime wedges and cilantro, if desired.

SERVES 5: 1¾ CUPS EACH

Calories 326, Fat 12g (sat 5g), Cholesterol 0mg, Carbs 46g, Total sugars 9g (added 0g), Protein 14g, Fiber 13g, Sodium 735mg, Potassium 999mg.

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JFM-6016

Roasted Autumn Vegetables & Chicken Sausage

ACTIVE: 15 MIN **TOTAL:** 45 MIN

Sheet-pan suppers are a boon for busy cooks because you use fewer pots and pans. While the vegetables and sausage are roasting in the oven, you can scurry around the house getting things done. Go for whatever variety of chicken sausage you prefer but we're partial to the flavor of chicken apple in this dish. SERVE WITH *Crusty bread and a dollop of whole grain mustard.*

- 1 20-ounce package cubed peeled butternut squash (*see "Shop the Chop," page 49*)
- 1 pound Brussels sprouts, trimmed and halved (or quartered if large)
- 1 large red onion, halved and thickly sliced (½-inch)
- 4 cloves garlic, minced
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary *or* 1 teaspoon dried
- 1 tablespoon chopped fresh sage *or* 1 teaspoon dried
- ¼ teaspoon salt
- ½ teaspoon ground pepper
- 4 links cooked chicken sausage (12 ounces)

1. Preheat oven to 425°F

2. Combine squash, Brussels sprouts, onion, garlic, oil, rosemary, sage, salt and pepper in a large bowl. Spread on a large rimmed baking sheet. Roast for 10 minutes.

3. Stir the vegetables and place sausages on the pan. Continue roasting, stirring once or twice, until the vegetables are tender, 20 to 25 minutes more.

SERVES 4: 1½ CUPS VEGETABLES & 1 SAUSAGE EACH

Calories 334, Fat 16g (sat 2g), Cholesterol 60mg, Carbs 34g, Total sugars 8g (added 0g), Protein 18g, Fiber 8g, Sodium 599mg, Potassium 972mg

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Butternut Squash & Black Bean Tostadas

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Ancho chile powder adds a mild, sweet-spicy flavor to the squash and bean base for these vegetarian tostadas. Look for it in the spice section of well-stocked supermarkets. Other mildly spicy chili powder can be used in its place. Don't forget to put your arsenal of hot sauces on the table for drizzling. SERVE WITH *An icy-cold amber beer or a margarita.*

- 1 20-ounce package cubed peeled butternut squash (see *"Shop the Chop," page 49*)
- 2 teaspoons ancho chile powder, divided
- ½ teaspoon salt
- 1 15-ounce can black beans *or* pinto beans, rinsed
- 2 scallions, sliced
- 3 tablespoons lime juice, divided
- 2 tablespoons grapeseed oil *or* canola oil, divided
- ½ teaspoon ground cumin
- 3 cups chopped romaine lettuce
- 8 tostada shells *(see Tip, page 92)*
- ½ cup crumbled queso blanco *or* feta cheese
- ¼ cup toasted unsalted pepitas

1. Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add squash, cover and steam until very tender, about 15 minutes. Drain and return to the pan. Add 1½ teaspoons chile powder and salt. Mash until mostly smooth; cover to keep warm.

2. Meanwhile, combine beans, scallions, 2 tablespoons lime juice, 1 tablespoon oil, cumin and the remaining ½ teaspoon chile powder in a medium bowl. Toss lettuce with the remaining 1 tablespoon each lime juice and oil in another bowl.

3. Spread about ¼ cup squash on each tostada. Top each with about 3 tablespoons of the bean mixture, ¼ cup lettuce and 1 tablespoon cheese. Sprinkle with pepitas.

SERVES 4: 2 TOSTADAS EACH

Calories 422, Fat 21g (sat 5g), Cholesterol 10mg, Carbs 51g, Total sugars 8g (added 0g), Protein 14g, Fiber 11g, Sodium 657mg, Potassium 1,019mg.

CRUNCH ON THIS
Check the ingredient list on store-bought tostadas and skip any with partially hydrogenated oil. Or make your own: see page 92.

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Old-School Cool

Each Saturday in November before Thanksgiving, David Vernon transforms his 1790s restored farmhouse into a pop-up heirloom apple boutique. The high school science teacher and owner of Century Farm Orchards in Reidsville, North Carolina, recruits family, fellow teachers and some of his students to help. Visitors sample from 20 different apples, with charming evocative names such as Magnum Bonum, Mary Reid and Esopus Spitzenburg.

Unlike most apples that are bred for uniformity and ease of transport, these heirloom apples have odd, uneven shapes and sizes, or rough and mottled skin. Varieties are grown specifically for making cider, others for storing, baking or eating fresh. "Heirlooms," Vernon cautions, "should be bought with our mouths and minds, not our eyes." He uses a Roxbury Russet to make his point. "Based on looks alone, few people would pick up apples with the dull, rough, bronze skin that characterizes russets," he says. "But it's an excellent apple—sweet but complex—that's almost spicy when cooked."

Because not all heirlooms are meant to be eaten raw, he asks his customers how they want the fruit to taste and how they will use it, then guides them to the apples they need.

This fall go back to the heirloom apple varieties that are being resurrected around America by enthusiasts like David Vernon. They'll blow you away with their eclectic looks, tastes and textures.

STORY BY
SHERI CASTLE

RECIPES BY
CAROLYN MALCOUN

PHOTOGRAPHY BY
ERICA ALLEN

FOOD STYLING
WENDY

Part of Vernon's job is to offer heirlooms that are preferable alternatives to commercial varieties, such as Blacktwig instead of Granny Smith, Grimes Golden rather than Yellow Delicious.

But the core of Vernon's business is grafting apple trees. That's when a cutting from one variety is joined to a rootstock of another apple tree and the two grow together. The top is an exact copy (clone) of the added variety. (Apple seeds do not grow "true," meaning that a McIntosh seed does not produce a McIntosh apple.) He now grows around 500 apple varieties and sells thousands of trees each year

Vernon didn't set out to be an apple farmer, much less an authority on heirlooms. He just wanted to replace an old Sweetnin' tree that blew down during a storm on the 100-plus-year-old farm he had purchased from his grandparents. When asked about that apple, Vernon chuckles before confessing, "You'd think the apple that got me started would be the best-tasting in the world, but it's not. It's too sweet and not good at all. I replaced that tree because my family missed it."

His tree search led him to Lee Calhoun, one of the country's most accomplished apple preservationists and author of *Old Southern Apples* With Calhoun as a mentor, Vernon started grafting trees. His hobby eventually turned into a business Apple farming is the ideal counterpart to Vernon's teaching career. "I can work hard enough after class, on weekends and during summer break to be successful with apples," he says. "That's not true with other types of farming."

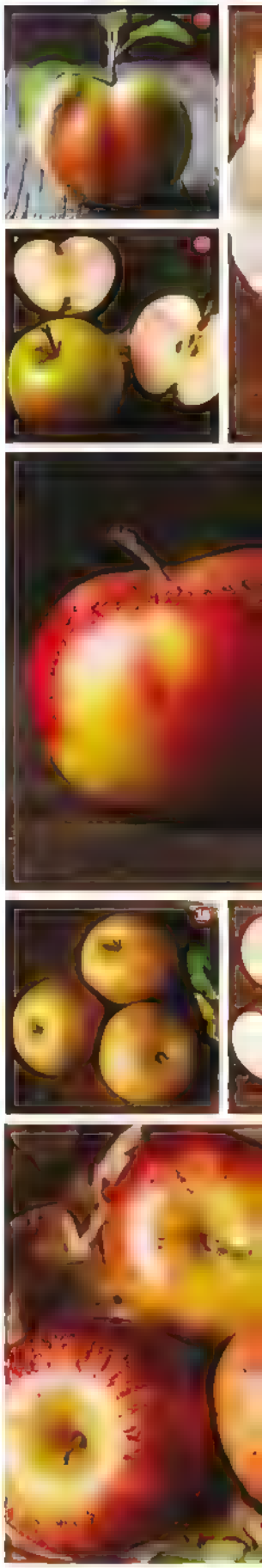
His website (*centuryfarmorchards.com*) covers the apples' botanical aspects, but when Vernon talks you hear a more passionate side. When describing the Virginia Beauty, a personal favorite, he says, "Its aroma is deeply pleasant. It swirls in your mouth, hits the back of the palate and rises up. Each bite increases a wanting for that apple. It clings in the memory for a lifetime."

SHERI CASTLE *is an award-winning food writer and cooking teacher near Chapel Hill, North Carolina.*

HEIRLOOM MASTER
Where there were once thousands of apple varieties dotting the American landscape, a mere six were commonly available in supermarkets by the late 1900s. But apple growers like David Vernon are working to bring back our long-standing apple heritage, one tree at a time.
CENTURY FARM ORCHARDS
STACEY VAN BERKEL/OXFORD, NC

A IS FOR APPLES

You'll have to hunt around at orchards and stores that carry funky apples, but here are some that author Rowan Jacobsen says are worth seeking out. For more tantalizing descriptions, look for his book *Apples of Uncommon Character* (Bloomsbury, 2014).



1 Calville Blanc: Lemony flavor with five prominent lobes. Swap for Granny Smiths in baked goods like strudel (*page 63*). **2 Knobbed Russet:** Sweet and nutty flavor underneath its scarred skin. Peel and use in your favorite crisp. **3 Hewes Crab:** Too sour to eat but makes a mighty fine cider. **4 Hidden Rose:** Pink flesh hidden under the skin. Tart, juicy and refreshing. Enjoy out of hand, makes a pretty addition to salads. **5 Hudson's Golden Gem:** Crunchy, sweet and fragrant. Eat fresh (*page 63*) or in a crisp. **6 Orleans Reinette:** Crunchy flesh that tastes like rum punch with tough skin (peel before eating). Enjoy out of hand, dried or with the roast pork (*page 60*). **7 Holstein:** Firm, juicy and aromatic. Eat fresh. **8 Baldwin:** Tart with bright red on the sun-kissed side. Holds its shape when baked, excellent in cider. **9 Claygate Pearmain:** Matte gold, spicy flavor tinged with pineapple sweetness. Eat fresh or use to cook with (*page 59*). **10 Roxbury Russet:** Hard and crunchy with thick skin. Best when cooked **11 Black Oxford:** Purple-black skin with sweet tasting flesh. Eat fresh or cook with it. **12 Cox's Orange Pippin:** Super-juicy with tropical-sweet flesh. Eat fresh. **13 Winesap:** Sweet, tart and crunchy. Perfect for pies and crisps. **14 Lamb Abbey Pearmain:** Zesty-sweet and juicy. Eat fresh. **15 Ananas Reinette:** Small in stature and super-acidic. Cook with these (try them in apple butter, page 59). **16 Ashmead's Kernel:** Tastes like tart homemade lemonade. Use in pies or to make cider

Slow-Cooker Chai Apple Butter

ACTIVE: 45 MIN **TOTAL:** 7¾ HRS

Seasoned with spices inspired by chai tea, this fragrant apple butter can be slathered on your favorite toast, served with a fall cheese plate or stirred into yogurt.

- **5 pounds apples, such as Ananas Reinette *or* McIntosh, peeled and sliced (½ inch thick; about 16 cups)**
- **⅔ cup packed dark brown sugar**
- **1 tablespoon vanilla extract**
- **2 teaspoons ground cardamom**
- **2 teaspoons ground cinnamon**
- **2 teaspoons ground coriander**
- **2 teaspoons ground turmeric**
- **½ teaspoon salt**

Combine apples, brown sugar, vanilla, cardamom, cinnamon, coriander, turmeric and salt in a 6-quart or larger slow cooker. Cover and cook, stirring once or twice, for 5 hours on High. Set the lid ajar and continue cooking, stirring occasionally, until the apples are almost broken down, about 2 hours more. If desired, puree in a food processor until smooth.

MAKES: ABOUT 3½ CUPS (2-TBSP SERVING)

Calories 53, Fat 0g (sat 0g), Cholesterol 0mg, Carbs 14g, Total sugars 12g (added 5g), Protein 0g, Fiber 1g, Sodium 43mg, Potassium 71mg.

GET A TASTE

Check out these 5 orchards around the country that are growing heirloom apples or find one near you at *orangepippin.com*

OREGON

KIYOKAWA FAMILY ORCHARDS

mthoodfruit.com

Third-generation orchardist Randy Kiyokawa tends to 100-plus varieties of apples. Where to find the apples: Farmers' markets, local markets, pick-your-own at the orchard or buy at the farmstand

WESTON'S ANTIQUE APPLES

westonapples.com

This 80-year-old orchard, boasting more than 100 varieties, is on the National Register of Rural Historic Landscapes. Where to find the apples: Farmers' markets, the orchard farmstand or order online.

VERMONT

SCOTT FARM ORCHARD

scottfarmvermont.com

Ninety heirloom varieties are grown on this New England farm, which is owned by The Landmark Trust USA and is on the National Register of Historic Places. Where to find the apples: Farmers' markets and markets around New England, pick-your-own at the orchard or buy at the farmstand.

R & A ORCHARDS

randaorchards.com

Snap up 18 apple varieties grown on this third-generation orchard tucked in the mountains of northwestern Georgia. Where to find the apples: The orchard farmstand or order online.

COLORADO

MASONVILLE ORCHARDS

masonvilleorchard.com

Pick up more than 150 apple varieties from 7 orchards across Colorado's Front Range. Where to find the apples: Farmers' markets, the orchard farmstand (in Ault, CO) or order online.

Prosciutto-Wrapped Pork with Roasted Apples & Fennel

ACTIVE: 45 MIN **TOTAL:** 1½ HRS (PLUS 2-4 HRS BRINING TIME)

TO MAKE AHEAD: Brine the pork (Steps 1 & 2) for up to 4 hours.

Inspired by the Italian roast called porchetta, we've wrapped an herb-slathered pork roast in prosciutto, and roasted apples and fennel along with it. Completely company-worthy, this meal can be rounded out with garlicky broccolini, smashed potatoes and a dry hard cider

BRINE & PORK

- ¼ cup packed brown sugar
- ¼ cup kosher salt
- 2 cups boiling water
- 12 ice cubes
- 1 lemon, quartered
- 1 large sprig fresh rosemary
- 1 large sprig fresh sage
- 1 2-pound center-cut pork loin, trimmed

RUB

- 2 tablespoons minced garlic
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh sage
- Zest of 1 lemon
- 1 tablespoon fennel seed, toasted and ground
- ¼ teaspoon crushed red pepper

- 4 thin slices prosciutto (2 ounces)
- 4 medium sweet apples, such as Orleans Reinette *or* Gala, cut into ½-inch-thick slices
- 1 large bulb fennel, cored and sliced
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper

1. To prepare brine: Place sugar and ¼ cup salt in a heatproof medium bowl. Pour in boiling water and stir to dissolve. Stir in ice cubes until melted. Add lemon quarters, rosemary sprig and sage sprig.

2. To butterfly & brine pork: You're going to double butterfly the pork loin so it can be flattened, stuffed and rolled. To do so, place pork loin on a cutting board. Holding the knife blade flat, so it's parallel to the board, make a lengthwise cut into the side of the meat just above the center, stopping short of the opposite edge so that the flap remains attached. Rotate the meat 180 degrees. Still holding the knife parallel to the cutting board, make a lengthwise cut into the side opposite the original cut, just below the center, taking care not to cut all the way through. Open up the two cuts so you have a large rectangle of meat. Cover with plastic wrap and pound to an even thickness of about ½ inch. Place the meat in a sealable gallon-size plastic bag and pour in the brine; turn to coat. Place in a dish and refrigerate for at least 2 hours and up to 4 hours.

3. To prepare rub: Combine garlic in a small bowl with 2 tablespoons oil, rosemary, sage, lemon zest, ground fennel seed and crushed red pepper.

4. To roast pork: Position racks in upper and lower thirds of oven; preheat to 450°F

5. Remove the meat from the brine and thoroughly pat dry. Open and lay flat on a clean work surface. Spread the rub over the meat. Starting at one long end, roll it into a cylinder. Wrap prosciutto pieces around the outside (they'll overlap a bit) and place, seam-side down, on a rimmed baking sheet.

6. Toss apples and fennel with oil, salt and pepper; spread in an even layer in a roasting pan.

7. Roast the meat on the upper rack for 10 minutes. Then place the apple mixture on the lower rack. Continue roasting, stirring the apple mixture once or twice, until an instant-read thermometer inserted into the center of the meat registers 140°F and the apples and fennel are tender, 20 to 30 minutes.

8. Transfer the meat to a clean cutting board and let rest for 5 minutes. Slice and serve with the apples and fennel

SERVES 8: 3 OZ. PORK & ½ CUP APPLE MIXTURE EACH

Calories 262, Fat 11g (sat 2g), Cholesterol 65mg, Carbs 17g, Total sugars 10g (added 1g), Protein 24g, Fiber 4g, Sodium 497mg, Potassium 593mg.

PROP STYLING: MOLLY VELTE PLATTER BEN NGUYEN POTTERY PLATE PACIFIC FARMHOUSE POTTERY

Some apples hold their shape when they're baked while others fall apart. "Shapely" varieties like Holstein and Gala are the right choice to roast alongside the pork (*this page*), while "saucy" apples like Ananas Reinette and Calville Blanc are perfect for the apple butter (*page 59*) and strudel (*page 63*).

Seeing is believing: watch how easy making strudel is at eatingwell.com/webextra

Apple-Cherry Strudel with Cider Whipped Cream

ACTIVE: 50 MIN **TOTAL:** 1½ HRS

TO MAKE AHEAD: Prepare through Step 4, wrap in plastic and then tightly in foil; freeze for up to 6 months. Freeze the reserved cider separately, if desired, for Step 6. To bake strudel: Unwrap, place (unthawed) on a parchment-lined baking sheet and brush with melted butter or oil. Bake at 375°F until crisp, 40 to 50 minutes.

While strudel may look fussy and complicated, the multiple layers of phyllo actually make it very forgiving and earn you baking genius points.

- 12 ounces hard cider *or* regular cider
- ⅔ cup dried cherries
- 2 pounds tart baking apples, such as Calville Blanc *or* Granny Smith, peeled and thinly sliced (8 cups)
- 7 tablespoons turbinado sugar, divided
- ⅓ cup plain dry breadcrumbs
- 2 teaspoons lemon juice
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 4 tablespoons unsalted butter, melted
- ¼ cup walnut oil *or* other nut oil
- 18 sheets phyllo dough (9-by-14-inch), thawed
- 1 cup whipping cream

1. Position rack in lower third of oven; preheat to 450°F. Line a large baking sheet with parchment paper.

2. Combine cider and cherries in a small saucepan. Bring to a boil over high heat. Remove from heat and let cool.

3. Mix apples, 6 tablespoons sugar, breadcrumbs, lemon juice, cinnamon and salt in a large bowl. Drain the cherries, reserving the cider. Stir the cherries into the apple mixture.

4. Combine butter and oil. Cut a piece of parchment paper a bit larger than a sheet of phyllo and place on a clean work surface. You're going to make 3 strudels, using 6 sheets of phyllo for each. Place one sheet of phyllo on the parchment with a long side facing you. Brush with a little of the butter mixture. Repeat, stacking 6 layers total, brushing each with some of the butter mixture. Place one-third of the filling (about 3 cups) in a long wide strip about ½ inch from the bottom of the phyllo, leaving about 1 inch on both short sides. Fold the short ends over the filling, then loosely roll up from the bottom. Place seam-side down on the prepared baking sheet. Make 2 more strudels the same way, placing them all on the baking sheet. Cut 3 slits into the tops.

5. Bake the strudels until golden brown, 15 to 17 minutes. Cool on the pan on a wire rack to room temperature.

6. To prepare cider whipped cream: Boil the reserved cider in a small saucepan over high heat until reduced to about ¼ cup, 10 to 12 minutes (watch carefully at the end so the syrup doesn't burn). Transfer to a medium bowl and let cool for 15 minutes. Add cream and the remaining 1 tablespoon sugar and beat with an electric mixer until soft peaks form.

7. Cut each strudel into 4 pieces. Serve with the cider whipped cream.

SERVES 12: 3-INCH PIECE STRUDEL & 2 TBSP. WHIPPED CREAM EACH
Calories 345, Fat 18g (sat 8g), Cholesterol 38mg, Carbs 42g, Total sugars 20g (added 8g), Protein 3g, Fiber 2g, Sodium 216mg, Potassium 113mg.

ACTIVE: 50 MIN **TOTAL:** 50 MIN

- 1 pound boneless, skinless chicken breasts, trimmed
- ¾ teaspoon kosher salt, divided
- ½ teaspoon ground pepper, divided
- 4 diagonal slices baguette (1 inch thick)
- ½ cup shredded aged Cheddar cheese
- 3 tablespoons grapeseed oil *or* canola oil
- 2 tablespoons cider vinegar
- 1 tablespoon whole-grain mustard
- 1 head escarole (about 1 pound), torn into bite-size pieces
- 3 cups sliced sweet, crunchy apples (about 2 medium), such as Hudson's Golden Gem *or* Honeycrisp
- ¼ cup slivered red onion

1. Preheat grill to medium-high.

2. Sprinkle chicken with ½ teaspoon salt and ¼ teaspoon pepper.

3. Oil the grill rack. Grill the chicken, turning occasionally, until an instant-read thermometer inserted into the thickest part registers 165°F, about 15 minutes total. Grill baguette slices over the coolest part of the grill until toasted on the bottom, 1 to 3 minutes. Turn over, sprinkle with cheese and cook until the cheese melts, 1 to 3 minutes.

4. Meanwhile, whisk oil, vinegar, mustard and the remaining ¼ teaspoon each salt and pepper in a large bowl. Add escarole, apples and onion; toss to coat.

5. Slice the chicken. Divide the salad among 4 plates, top each with some chicken and serve with the cheese toasts.

SERVES 4: 3 CUPS SALAD, 3 OZ. CHICKEN & 1 CHEESE TOAST EACH
Calories 397, Fat 19g (sat 5g), Cholesterol 77mg, Carbs 28g, Total sugars 10g (added 0g), Protein 31g, Fiber 8g, Sodium 550mg, Potassium 676mg.

8 HOURS TO COOK
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Kale & White Bean Potpie with Chive Biscuits is a vegetarian take on a rib-sticking favorite that delivers all the satisfaction you'd expect.

Green Comfort

How do you improve the classics? Load them with dark leafy greens for a blast of flavor and a boost to your health

By BREANA LAI, M.P.H., R.D.

Photography by PENNY DE LOS SANTOS

Spinach & Tuna
Noodle Casserole

Plenty of dark leafy greens deliver the moisture needed to balance lean ground pork and beef in this Spicy Meatloaf with Collards.

5 Reasons to Love Dark Leafy Greens

SHED POUNDS

Adding dark leafy greens or any other veggie for that matter, to a meal results in eating fewer calories without increasing hunger, according to a study published in *Nutrition Reviews*. Their fiber and water content help greens fill you up and keep you feeling full longer—which can help you lose weight and keep it off.

SLASH DIABETES RISK

Dark leafy greens are high in beta carotene and alpha carotene, antioxidants in the carotenoids family. When researchers tracked the diets of men and women for 10 years they found those who had diets high in alpha and beta carotene had reduced risk for type 2 diabetes, in a 2015 study.

KEEP YOUR BRAIN YOUNG

People who ate 1-2 servings of dark leafy greens a day had mental abilities of those over a decade younger, says research presented at the American Society for Nutrition conference. Researchers think vitamin K plays a main role by helping create sphingolipids—special fats that are critical to brain function. The lutein, folate and beta carotene in the greens may also help.

BUILD BETTER BONES

The dairy aisle isn't the only place to find calcium-rich foods; dark leafy greens are also a good source. Calcium is needed to build bones and teeth, as well as keep your muscles and nerves working. All of these green comfort recipes deliver around 20% of your daily calcium recommendation, thanks to dark leafy greens and dairy.

FEND OFF CANCER

Studies show that carotenoids, a pigment in dark leafy greens, may lower your risk of head, neck, breast, stomach, skin and lung cancers. Researchers think carotenoids act as antioxidants in the body, helping fend off harmful free radicals. These greens are also rich in vitamin C, which is linked with reduced risk of head and neck cancers.

By Marissa Donovan, R.D.

These Ham & Chard Stuffed Shells are filled with a mixture that tips the balance away from loads of cheese in favor of tender and flavorful chopped greens.

Spanakopita Loaded Potatoes

ACTIVE: 40 MIN **TOTAL:** 1½ HRS

- 4 medium russet potatoes (8-10 ounces each), scrubbed
- 1 tablespoon extra-virgin olive oil
- 1 cup diced onion
- 1 pound fresh spinach, finely chopped, *or* 4 cups frozen chopped spinach (thawed)
- 3 cloves garlic, minced
- 1 tablespoon chopped fresh oregano *or* 1 teaspoon dried
- ⅓ cup reduced-fat cream cheese
- ¾ teaspoon ground pepper
- ¼ teaspoon kosher salt
- 1 cup crumbled feta cheese, divided

1. Preheat oven to 400°F.

2. Pierce potatoes in several places with a fork. Bake directly on the center rack until tender, 50 to 60 minutes. Let stand until cool enough to handle.

3. Meanwhile, heat oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until soft, 2 to 4 minutes. Add spinach, garlic and oregano; cook, stirring, until hot, about 4 minutes. Remove from heat.

4. Reduce oven temperature to 375°F.

5. Cut the potatoes in half and scoop the insides into a bowl. Place the skins in a 9-by-13-inch pan. Add cream cheese, pepper and salt to the bowl. Beat with a hand mixer or mash with a potato masher until smooth. Stir in the spinach mixture and ½ cup feta. Stuff each potato skin with about ¾ cup of the filling. Top each with 1 tablespoon of the remaining feta.

6. Bake until the filling is steaming and the feta is browned, 25 to 35 minutes.

SERVES 8: 1 STUFFED HALF EACH

Calories 197, Fat 8g (sat 4g), Cholesterol 24mg, Carbs 24g, Total sugars 3g (added 0g), Protein 8g, Fiber 4g, Sodium 334mg, Potassium 857mg.

No need to smother a spud with butter, bacon and sour cream when you go for the cheesy spinach-packed mixture that fills these Spanakopita Loaded Potatoes.

Kale & White Bean Potpie with Chive Biscuits

PHOTO ON PAGE 65

ACTIVE: 45 MIN. **TOTAL:** 1 HR 20 MIN.

TO MAKE AHEAD: Prepare through Step 2; refrigerate for up to 1 day. Let stand at room temperature for 30 minutes before finishing.

- 2 tablespoons extra-virgin olive oil, plus 2 teaspoons, divided
- 1 cup chopped onion
- ½ cup chopped carrot
- ½ cup chopped celery
- [illegible]
- 2 teaspoons chopped fresh thyme or ¾ teaspoon dried
- ½ teaspoon chopped fresh rosemary
- [illegible]
- 8 cups chopped kale
- [illegible]
- [illegible] vegetable broth
- [illegible]
- [illegible]
- ½ teaspoon ground pepper

BISCUITS

- [illegible]
- ¼ teaspoon baking soda
- [illegible]
- [illegible]
- [illegible]
- cut into small pieces
- [illegible]

1. Preheat oven to 350°F. Coat a 10-inch cast-iron skillet (or similar-size 2-quart baking dish) with cooking spray.
2. Heat 2 tablespoons oil in a large pot over [illegible] and ½ teaspoon each salt and pepper.
3. **To prepare biscuits:** Whisk flour, baking powder, baking soda, salt and pepper in a large [illegible] cut or rub butter into the dry ingredients. Stir in chives. Add buttermilk and stir until just combined. Form the dough into 6 biscuits and brush with the remaining 2 teaspoons oil. Place the potpie on a baking sheet.
4. Bake until the biscuits are lightly browned and the filling is bubbling, about 30 minutes. Let cool 5 minutes before serving.

SERVES 6: ABOUT 1¼ CUPS FILLING & 1 BISCUIT EACH

Calories 310, Fat 13g (sat 5g), Cholesterol 16mg, Carbs 43g, Total sugars 4g (added 0g), Protein 12g, Fiber [illegible], Sodium [illegible]mg, Potassium [illegible]mg

Ham & Chard Stuffed Shells

PHOTO ON PAGE 68

ACTIVE: 1 HR. **TOTAL:** 1½ HRS.

TO MAKE AHEAD: Prepare through Step 6; [illegible] and let stand at room temperature for 30 minutes before baking.

TOMATO SAUCE

- [illegible] tablespoons extra-virgin olive oil
- [illegible] cloves garlic, minced
- [illegible] 14-ounce can diced fire-roasted tomatoes
- ½ cup water
- ¼ teaspoon kosher salt
- [illegible] teaspoon ground pepper
- [illegible] cup packed fresh basil

STUFFED SHELLS

- [illegible] jumbo pasta shells
- [illegible] pound chard, (about 1 large bunch)
- [illegible] tablespoons extra-virgin olive oil
- ½ cup diced ham
- [illegible] cup minced shallots
- [illegible] cloves garlic, minced
- 2 teaspoons red-wine vinegar
- ¼ teaspoon ground pepper
- 1 cup part-skim ricotta cheese
- ½ cup grated Parmesan cheese

[illegible]

[illegible]

[illegible]

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Look for Natural Delights® in the Produce Section.

PHOTO ON PAGE 66

ACTIVE: 50 MIN **TOTAL:** 1 HR 10 MIN

TO MAKE AHEAD: Prepare through Step 4; refrigerate for up to 1 day. Let stand at room temperature for 30 minutes and finish Step 5 before baking.

- 6 ounces egg noodles, preferably whole-wheat (4½ cups dry)
- 3 tablespoons butter
- 2 tablespoons extra-virgin olive oil, divided
- 1 cup finely chopped onion
- ½ cup finely chopped celery
- 10 ounces mushrooms, sliced
- 2 tablespoons dry sherry
- 2 teaspoons reduced-sodium soy sauce
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper
- ⅓ cup white whole-wheat flour or all-purpose flour
- 2 cups low-sodium chicken broth, divided
- 1 cup reduced-fat milk
- 2 teaspoons Dijon mustard
- 2 5-ounce cans chunk light tuna in olive oil *(see Tip, page 92)*, drained and flaked
- 10 cups baby spinach or 4 cups frozen chopped spinach (thawed)
- 1 cup coarse fresh breadcrumbs, preferably whole-wheat
- ⅓ cup grated aged Cheddar cheese

1. Preheat oven to 375°F. Coat a 9-by-13-inch pan (or similar-size 3-quart baking dish) with cooking spray.
2. Bring a large pot of water to a boil and cook noodles according to package instructions. Drain and set aside. Dry the pot.
3. Heat butter and 1 tablespoon oil in the pot over medium heat until the butter is melted. Add onion and celery; cook, stirring occasionally, until soft, about 5 minutes. Add mush-

4 minutes more. Sprinkle flour over the vegetables, stir to coat and cook for 30 seconds.
4. Increase heat to high, add ½ cup broth and stir until starting to boil. Add the remaining 1½ cups broth, milk and mustard; bring to a boil and cook, stirring often, until the sauce thickens, about 2 minutes. Add tuna, spinach and the reserved noodles; cook, gently stirring often, until heated through, about 3 minutes. Transfer to the prepared baking dish.
5. Combine breadcrumbs and cheese in a small bowl. Stir in the remaining 1 tablespoon oil and sprinkle over the casserole. Bake until the sauce is bubbling and the topping is golden brown, 20 to 25 minutes.

SERVES 8: 1¼ CUPS EACH

Calories 322, Fat 16g (sat 7g), Cholesterol 44mg, Carbs 28g, Total sugars 4g (added 0g), Protein 18g, Fiber 4g, Sodium 394mg, Potassium 582mg.

PHOTO ON PAGE

ACTIVE: 30 MIN **TOTAL:** 30 M N

- 2 tablespoons extra-virgin olive oil
- 1 cup sliced leek, white and light green parts only *(see Tip, below)*
- 12 cups chopped kale or collards (about 1 large bunch)
- 2 cloves garlic, minced
- ¼ teaspoon kosher salt
- ½ teaspoon ground pepper
- ¼–¾ cup water, as needed
- 2 tablespoons all-purpose flour
- 1½ cups reduced-fat milk
- Pinch of nutmeg (optional)

Heat oil in a large pot over medium heat. Add leek and cook, stirring frequently, until starting to soften, 1 to 2 minutes. Add greens, garlic, salt and pepper; cook, stirring often, until very soft, 10 to 20 minutes, adding water ¼ cup at a time if the greens start to stick. Sprinkle with flour and cook, stirring, for 30 seconds. Stir in milk and nutmeg (if using); cook, stirring, until just starting to boil and thicken, 1 to 2 minutes. Serve hot.

SERVES 6: ½ CUP EACH

Calories 159, Fat 7g (sat 2g), Cholesterol 5mg, Carbs 19g, Total sugars 4g (added 0g), Protein 8g, Fiber 3g, Sodium 223mg, Potassium 779mg.

Tip: Trim leeks, split lengthwise and wash in plenty of water until no grit remains.

Spicy Meatloaf with Collards

PHOTO ON PAGE 67

ACTIVE: 45 MIN **TOTAL:** 2 HRS

- 1½ pounds collard greens (about 2 bunches)
- 2 tablespoons extra-virgin olive oil
- 1 cup diced onion
- 3 cloves garlic, minced
- 1 teaspoon kosher salt, divided
- 1–2 tablespoons hot sauce, such as Tabasco
- 1 tablespoon Worcestershire sauce
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon ground pepper
- 1½ cups coarse fresh breadcrumbs, preferably whole-wheat
- ½ cup reduced-fat milk
- 2 pounds 90%-lean ground beef or bison
- 1 pound lean ground pork
- 2 large eggs, lightly beaten
- ¾ cup ketchup, divided

1. Strip collard leaves from stems (discard stems); finely chop.
2. Heat oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until soft, about 3 minutes. Add the collards, garlic and ½ teaspoon salt; cook, stirring, until bright green, about 2 minutes. Add hot sauce to taste, Worcestershire, cumin, paprika and pepper; continue to cook until the greens are completely wilted, 2 to 4 minutes more. Transfer the mixture to a large bowl and let cool slightly, stirring occasionally, about 15 minutes.
3. Combine breadcrumbs and milk in a medium bowl and let stand for about 10 minutes.
4. Preheat oven to 350°F. Coat a large rimmed baking sheet with cooking spray *(see Tip, below)*.
5. Add beef (or bison), pork, eggs, ½ cup ketchup, the breadcrumbs and the remaining ½ teaspoon salt to the greens. Gently mix by hand to combine. Form into a large, long loaf, 4 to 6 inches wide, on the prepared baking sheet.
6. Bake the meatloaf for 30 minutes. Brush the top with the remaining ¼ cup ketchup.
7. Increase the oven temperature to 400°. Continue baking until an instant-read thermometer inserted into the center registers 165°F, 25 to 35 minutes. Let rest 10 minutes before cutting into 8 slices.

SERVES 8: 1 SLICE (½-INCH) EACH

Calories 317, Fat 14g (sat 4g), Cholesterol 115mg, Carbs 20g, Total sugars 8g (added 4g), Protein 28g, Fiber 4g, Sodium 563mg, Potassium 566mg.

Tip: For easier cleanup, line your baking sheet with foil and coat with cooking spray before forming the meatloaf.

STAYING MADE RECIPES FOR WEEKNIGHT MEALS

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The New Noodle Craze

Move over, ramen: it's time to get a taste of fiery, flavor-packed dan dan noodles

From my first taste of Chinese dan dan noodles I was hooked. The spicy, salty, powerful taste of this Sichuan province street food was eye-opening. Inspired, I began researching and cooking. I learned that "dan dan" was named after the bamboo shoulder pole, the "dan," that street vendors long ago used for carrying their pots of noodles. I read Sichuan cookbooks, among them *Land of Plenty* by the British writer Fuchsia Dunlop. But I wanted to taste the noodles at the source.

And I did, with a two-week course at the Sichuan Higher Institute of Cuisine in the provincial capital of Chengdu. The noodles were everywhere in the bustling city of 7 million: in restaurants, in mobile kitchens moved by motorbikes and in the food stalls near campus where we ate lunch. After learning a variety of traditional Sichuan dishes in class, it was finally dan dan time. Our chef-instructor laid out his ingredients, among them ground pork, scallions and *zha cai* (preserved mustard stems). He began boiling noodles, then mixed soy, chile oil, vinegar, hoisin and broth for the sauce. Finally he ended with a flourish, adding lard and MSG. I was shocked! But, he explained through an interpreter, "Adds flavor!"

Normally I wouldn't argue with flavor, but I wondered if the MSG and lard were necessary. Plus I figured with all the variations out there, why not try some new things myself?

With a taste of the authentic noodles as a guide, I was ready to start experimenting when I returned home. Working with ingredients that I found at my local grocery and nearby Asian market, I began to develop my own versions. Ground pork may be the traditional topping, but why not chicken or protein-rich nuts? Maybe throw in some baby spinach. Or bok choy. Over time, I created my own interpretations of this comforting dish, inspired by the real deal but also easy to cook at home. While sacrificing strict authenticity with my choice of ingredients, I was still making noodles that I'm sure would elicit a smile from a hungry diner in the heart of Sichuan.

Sure, I ditched the MSG and lard, but so what! Long ago, Chengdu's vendors dropped their shoulder poles.

DIRK VAN SUSTEREN *is a freelance writer who teaches Chinese cooking in Calais, Vermont.*

BY DIRK VAN SUSTEREN

PHOTOGRAPHY BY ANDREW SCRIVANI

LETTERING BY DANIELLE EVANS

Dan Dan Noodles with Spinach & Walnuts

ACTIVE: 35 MIN **TOTAL:** 50 MIN

Walnuts and some varieties of spinach are common in Sichuan food, but this dan dan riff is one of my more homespun variations. Serve as a vegetarian meal and, if you like, add tofu, seitan or even chopped egg to bump up the protein.

- 1½ cups low-sodium vegetable broth
- 4 scallions, chopped, divided
- 1 tablespoon chopped fresh ginger
- 1 teaspoon toasted sesame oil
- ¼ teaspoon ground pepper
- 10 ounces baby spinach (about 12 cups)
- 12 ounces Chinese flat noodles (*see page 79*) *or* linguine
- ¼ cup Chinese sesame paste (*see page 79*) *or* tahini
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon hot chile oil (*see page 79*)
- ¼ teaspoon sugar
- 1 medium red bell pepper, diced
- 1 cup toasted chopped walnuts
- 3 tablespoons toasted sesame seeds

MORE NOODLES!
For a bonus buckwheat dan dan recipe, visit eatingwell.com/webextra

1. Combine broth, 1 scallion, ginger, sesame oil and pepper in a medium saucepan. Bring just to a boil over high heat. Stir and set aside for 20 minutes.

2. Meanwhile, bring a large pot of water to a boil. Cook spinach for 1 minute. Transfer with a slotted spoon to a colander (leave the water in the pot) and drain, pressing on the spinach to remove excess water. Add noodles to the boiling water and cook according to package directions. Drain and rinse well. Chop the spinach. Gently combine the noodles and spinach in a large shallow serving bowl, separating the spinach so it doesn't clump together.

3. Place the saucepan of broth over medium heat. Add sesame paste (or tahini), soy sauce, chile oil and sugar; whisk until thoroughly combined. Bring to a low boil and remove from heat.

4. Pour the sauce over the noodles. Top with bell pepper, walnuts, sesame seeds and the remaining 3 scallions. Toss together at the table before serving.

SERVES 6: 1⅓ CUPS EACH

Calories 488, Fat 25g (sat 3g), Cholesterol 0mg, Carbs 54g, Total sugars 3g (added 0g), Protein 16g, Fiber 7g, Sodium 347mg, Potassium 567mg.

WINES FOR DAN DAN NOODLES

Dry and off-dry white wines with rich fruitiness and good acidity match well with these rich Asian noodles. The spicier the recipe, the sweeter you'll want the wine to be. Here are a few of our favorite pairings in order from driest to sweetest:

2012 Elena Walch Pinot Grigio
Alto Adige, Italy $16

2014 Teutonic "Crow Valley Vineyard" Riesling
Willamette Valley, Oregon $20

2012 Lucien Albrecht Gewürztraminer Reserve
Alsace, France $19

2013 François Pinon Vouvray Demi-Sec Les Trois Argiles
Loire, France $22

Dan Dan Noodles with Chicken & Baby Bok Choy

ACTIVE: 1 HR **TOTAL:** 1 HR

Mild, sweet and tart, black vinegar is a key ingredient in Sichuan cooking. In this peanut noodle dish, it lends a sharp finish to the creamy sauce.

- 1 large boneless, skinless chicken breast, trimmed (about 10 ounces)
- 1¼ cups low-sodium chicken broth, divided
- 3 tablespoons chopped fresh ginger, divided
- ¼ cup natural peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon Chinese black vinegar (*see page 79*)
- 2 teaspoons hot chile oil (*see page 79*)
- ¼ teaspoon sugar
- 12 ounces Chinese flat noodles (*see page 79*) *or* linguine
- 3 tablespoons peanut oil *or* canola oil, divided
- 2 tablespoons chopped garlic
- ¼ teaspoon crushed red pepper
- 1 pound baby bok choy, halved or quartered lengthwise
- 2 teaspoons toasted sesame oil
- 3 scallions, coarsely chopped
- 2 tablespoons toasted sesame seeds

1. Combine chicken, 1 cup broth and 1 tablespoon ginger in a small saucepan; bring to a simmer over medium-high heat. Cover, reduce heat to maintain a simmer, and cook, turning once or twice, until an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, about 15 minutes. Transfer the chicken to a clean cutting board (reserve the poaching liquid). When cool enough to handle, shred the chicken and set aside

2. Add peanut butter, soy sauce, vinegar, chile oil, sugar and the remaining ¼ cup broth to the reserved poaching liquid; whisk until well combined. Set aside

3. Bring a large pot of water to a boil. Cook noodles according to package directions. Drain and rinse well.

4. Heat a 14-inch flat-bottom carbon-steel wok or large cast-iron skillet over medium-high heat. Add 1½ tablespoons peanut (or canola) oil and swirl to coat. When the first puff of smoke appears, add the remaining 2 tablespoons ginger, garlic and crushed red pepper; cook, stirring, until very fragrant but not browned, 10 to 20 seconds. Stir the garlic mixture into the peanut sauce in the saucepan; bring to a simmer over medium heat, then remove from heat.

5. Place the wok over high heat. Add the remaining 1½ tablespoons peanut (or canola) oil and swirl to coat. When the first puff of smoke appears, add bok choy and cook, stirring, until crisp-tender, 1 to 2 minutes. Remove from heat.

6. Add the noodles to the bok choy and gently toss to combine. Transfer to a large shallow serving bowl. Top the noodles with the chicken. Reheat the peanut sauce, if desired, and pour over the noodles. Drizzle sesame oil over the top and sprinkle with scallions and sesame seeds. Toss together at the table before serving

SERVES 6: 1⅓ CUPS EACH

Calories 470, Fat 19g (sat 3g), Cholesterol 26mg, Carbs 50g, Total sugars 3g (added 0g), Protein 23g, Fiber 5g, Sodium 285mg, Potassium 529mg.

Dan Dan Noodles with Pork & Snow Peas

ACTIVE: 45 MIN **TOTAL:** 1 HR 20 MIN

Pork is overwhelmingly the meat of choice in Sichuan so it's a natural fit with dan dan. Here I've used easy-to-find lean pork loin and skipped the more authentic and unusual cuts of organ meats often used in China.

- 1 tablespoon reduced-sodium soy sauce plus 4 teaspoons, divided
- 1 tablespoon Chinese rice wine (Shao Hsing; *see opposite*) *or* dry sherry
- 1 teaspoon cornstarch
- ½ teaspoon toasted sesame oil plus 2 teaspoons, divided
- 1 pound pork loin, trimmed
- ¼ cup low-sodium chicken broth
- 2 tablespoons hot chile oil (*see opposite*)
- 4 teaspoons dark soy sauce (*see opposite*)
- ¼ teaspoon sugar
- ⅛ teaspoon ground pepper
- 8 ounces snow peas (2½ cups), trimmed
- 12 ounces Chinese flat noodles (*see opposite*) *or* linguine
- 1½ tablespoons peanut oil *or* canola oil
- 3 tablespoons chopped unsalted roasted peanuts
- 3 tablespoons toasted sesame seeds
- 3 scallions, sliced

1. Combine 1 tablespoon reduced-sodium soy sauce, rice wine (or sherry), cornstarch and ½ teaspoon sesame oil in a medium bowl. Cut pork into ¼-inch-thick slices, then into matchsticks ⅛ to ¼ inch wide. Add the pork to the marinade; stir to coat. Refrigerate for 1 hour.

2. Meanwhile, whisk broth, chile oil, dark soy sauce, sugar and pepper with the remaining 4 teaspoons reduced-sodium soy sauce and 2 teaspoons sesame oil in a small bowl until well combined. Set aside.

3. About 10 minutes before the pork is done marinating, bring a large pot of water to a boil. Add snow peas; cook just until bright green and still crisp, 30 seconds to 1 minute. Transfer with a slotted spoon to a colander (leave the water in the pot) and immediately rinse with cold water. Add noodles to the boiling water and cook according to package directions. Drain and rinse well.

4. Heat a 14-inch flat-bottom carbon-steel wok or large cast-iron skillet over high heat. Add peanut (or canola) oil and swirl to coat. When the first puff of smoke appears, transfer the pork to the wok with a slotted spoon (discard the marinade). Cook, stirring often, until just cooked through, about 2 minutes. Remove from heat.

5. Add the noodles and snow peas to the pork and gently toss to combine. Transfer to a large shallow serving bowl. Whisk the reserved sauce and pour it over the noodles. Sprinkle with peanuts, sesame seeds and scallions. Toss together at the table before serving.

SERVES 6: 1⅓ CUPS EACH

Calories 464, Fat 18g (sat 3g), Cholesterol 40mg, Carbs 49g, Total sugars 3g (added 0g), Protein 26g, Fiber 5g, Sodium 452mg, Potassium 461mg.

SPICY VEGETABLE · JEFFREY FUCCI · GOD JEONG KANG · RED BACKGROUND · ELENA STOK · SHUTTERSTOCK

Dan Dan Essentials
Stock your pantry with these Sichuan staples so you can noodle like a pro at a moment's notice.
1 Chinese rice wine
Shaoxing is traditional.
2 Hot chile oil
Often infused with chile pepper.
3 Toasted sesame oil
Rich, nutty flavor from toasted sesame seeds.
4 Chinese sesame paste
Interchangeable with tahini but with a more prominent roasted-sesame flavor.
5 Chinese black vinegar
Vinegar with rich, smoky flavor; may be labeled as Chingkiang vinegar.
6 Dark soy sauce
Sometimes called black soy sauce, it's thicker than regular soy sauce, with a touch of sweetness. Regular soy sauce mixed with a tiny bit of molasses can be substituted.
7 Sichuan preserved vegetable
Vegetables preserved in salt and chile paste.
8 Chinese flat noodles
Wheat noodles that are flat like linguine.
9 Chile-garlic sauce
A blend of ground chiles, garlic and vinegar.
You may have to make a trip to an Asian market for these ingredients. The others can be found in well-stocked supermarkets.

Dan Dan Noodles with Shrimp

ACTIVE: 30 MIN **TOTAL:** 30 MIN

This recipe was created by Steve Bogart, the original chef and owner of A Single Pebble, an award-winning Chinese restaurant in Burlington, Vermont. The flavor profile is from the Hunan province, which shares a taste for fiery food with neighboring Sichuan. (Photo: page 75)

- 12 ounces Chinese flat noodles (*see left*) *or* linguine
- 2 tablespoons sugar
- 2 tablespoons dark soy sauce (*see left*)
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons Chinese sesame paste (*see left*) *or* tahini
- 2 tablespoons chile-garlic sauce (*see left*)
- 2 tablespoons low-sodium chicken broth
- 1 tablespoon cider vinegar
- 2 tablespoons Sichuan preserved vegetables (*see left*) *or* kimchi, rinsed and chopped
- 2 tablespoons peanut oil *or* canola oil
- 16 raw medium shrimp (*see Tip, page 92*), peeled and deveined (10-12 ounces)
- ¼ cup chopped unsalted roasted peanuts
- 3 scallions, finely chopped

1. Bring a large pot of water to a boil. Cook noodles according to package directions. Drain and rinse well. Transfer to a large shallow serving bowl.

2. Meanwhile, combine sugar, dark soy sauce, reduced-sodium soy sauce, sesame paste (or tahini), chile-garlic sauce, broth and vinegar in a small bowl. Place near the stove. Pat dry preserved vegetables (or kimchi) with a paper towel. Place near the stove.

3. Heat a 14-inch flat-bottom carbon-steel wok or large cast-iron skillet over medium-high heat. Add peanut (or canola) oil and swirl to coat. When the first puff of smoke appears, add shrimp; cook, stirring, until the shrimp just starts to turn pink, about 2 minutes. Stir in the vegetables (or kimchi), then add the sauce mixture and cook, stirring, until the shrimp is just cooked through, 1 to 2 minutes.

4. Pour the shrimp mixture over the noodles. Top with peanuts and scallions. Toss together at the table before serving.

SERVES 6: ABOUT 1⅓ CUPS EACH

Calories 387, Fat 12g (sat 2g), Cholesterol 66mg, Carbs 51g, Total sugars 6g (added 4g), Protein 20g, Fiber 4g, Sodium 585mg, Potassium 310mg

THE LITTLE FARM THAT COULD
Hope and
simple sparked
a revolution
that turned a
down-and-out
hamlet into
one of the most
inspiring small
food towns
in America

When Mark Kimball and his wife, Kristin (*pictured here*), started their CSA in Essex, New York, they wanted to provide way more than just vegetables. "Vegetables," says Mark, "are primarily vitamins and water," which means members still need to go to the supermarket for most of their calories.

On the day in September 2003 when Mark and Kristin Kimball pulled their bicycles off an Amtrak train and wheeled their way into the town of Essex, New York, no one would have guessed that one of the most important experiments in contemporary American agriculture was about to begin. Young and idealistic, the Kimballs had big dreams about coming to this town on the shores of Lake Champlain and starting a farm unlike anyone else's. The vision had all started with an apple pie. "I got this nutty idea to make an apple pie that I had completely grown myself," Mark says. "Everything. Apples, wheat, lard, maple syrup, *everything*."

BY ROWAN JACOBSEN

Photography by JEB WALLACE-BRODEUR

A lanky bundle of muscle with springy blond hair and Border collie energy, Mark had started a community-supported agriculture (CSA) farm in Pennsylvania after college. The typical CSA charged members an upfront fee in exchange for veggies throughout the growing season. But Mark envisioned a farm that would, like the farms of old, provide members with nearly all their food 52 weeks a year—veggies, dairy, eggs, meat, even grains. People would take as much as they needed each Friday afternoon. It would be the first whole-diet CSA.

That alone would have made Essex Farm one of the most revolutionary farms in the country, but the Kimballs wanted to be more radical still. Instead of tractors, they wanted to farm with draft horses. The goal was to make sunlight and hard work their only input—no herbicides, no pesticides, no chemical fertilizer, no oil.

As they pedaled through Essex, they questioned their plan. The town seemed lifeless—"more boarded up than opened up," as one local put it. Essex's heyday as a port and shipbuilding center had come to a screeching halt in 1849 when the railroad arrived. Like so many other rural communities, the town's youth had fled for the city, leaving an aging population to make do in what became a food desert. The nearest supermarket was more than 30 minutes away. Local and organic were not even on the radar.

But it turned out that the hunger for healthy food—and for the social environment that food creates—was strong in Essex. Not only did the Kimballs find their members, but Essex Farm became the spark that brought life back to the community. Today the farm feeds 230 people year-round. Members drawn to the region by Essex Farm have started a yoga studio and a wellness center and have renovated the old Grange hall, which hosts a lively series of concerts, lectures and community dinners.

The farm has also served as an incubator for ventures that have taken root in the area. The Kimballs arrived just as something was shifting in America. For decades, young people had left the countryside for urban living. No future in farming, they were told. Then the

"brain drain" reversed: a generation came out of college with a passion for the land, and some found their way to Essex Farm. Many of them fell in love—with farming, each other, with Essex County.

On any early autumn Friday, you'll find the farm filled with members picking up their food for the week and exchanging news. It's impossible to stand there as members load flats of heirloom tomatoes and jars of cream into their cars, and not entertain the radical notion that the solution to America's rural malaise won't be found in the Cloud, but in the ground. As farm member and Grange program manager Mary-Nell Bockman puts it, "These people are making things. Tangible things. *Food.* This isn't the virtual economy. This is as real as it gets."

Here's a look at some of the people and food ventures that are transforming Essex.

ROWAN JACOBSEN, *a James Beard Award-winning writer, is the author of* Apples of Uncommon Character *and several other books.*

THE FOUNDERS

Mark & Kristin Kimball

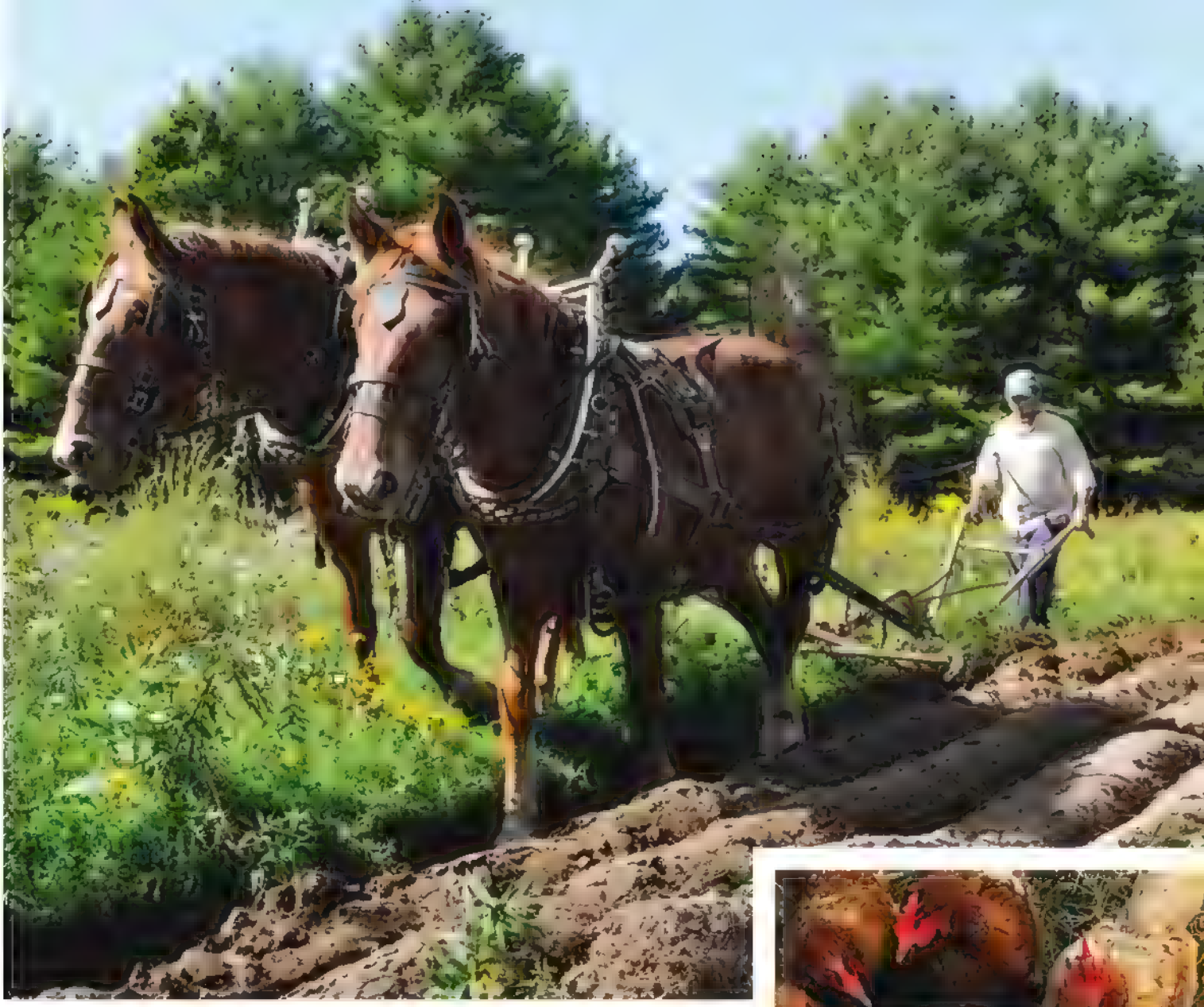
It had all the makings of a fairy-tale romance: she was a freelance journalist in Manhattan doing research for a book proposal about the new farming movement. He was a Pennsylvania farmer with some radical notions. (The apple pie!) She had a Harvard degree, an East Village apartment and a proclivity for tight jeans and marathon pinball sessions. He'd never owned a car or a TV. She was 5'2". He was 6'6". When Kristin met Mark, she thought he'd make a good subject for a book. After a few months, she scrapped the book project and decided to marry him instead. They hatched their idea for the full-diet CSA, but found that land prices had soared well beyond their means.

Which is what brought them to Essex. A family friend had acquired a run-down 500-acre farm there, and he was intrigued enough by the Kimballs' ideas to offer it to them rent-free for the first year—a year they knew they'd need to convince people of the merits of the whole-diet CSA, which this year costs $3,700 per year for the first adult in a household, $3,300 for the second, and $120 per year of age for kids. Making the numbers work for a family means saying goodbye to convenience foods and hello to a lot more cooking, canning and freezing.

But somehow when they had their first weekly distribution in March 2004—meat, eggs, milk, maple syrup and lots of lard—Mark and Kristin had found seven souls willing to take a chance. And that was all it took. Word of mouth spread quickly. Tom Duca was one of their first members. "I was a vegetarian!" the builder laughs. "I just came by looking for some yogurt." Mark explained that the farm didn't sell retail, it was all or nothing. So Tom opted for all. "My feeling was, we want these guys to stay here, so we'd better support them. I actually became a carnivore." Now he's hooked. "It's been amazing. How lucky am I? I don't go to the store. My food comes from *here*."

As Essex Farm grew, it became a mecca for industrious 20-somethings. With less machinery in use, the farm requires 10 full-time farmers, and the ones eager for the job tend to be young, fit, educated and passionate. Why would an Ivy League school graduate go to work for Essex Farm instead of Google? Because, as Kristin put

Hard work at Essex Farm creates world-class farmers and food. In the first 10 years of operation, the Kimballs have mentored over 50 young farmers who have started more than 10 new farms to date.

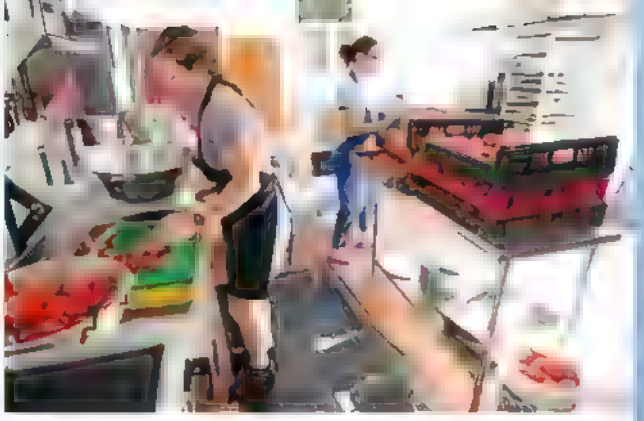


"I got this nutty idea to make an apple pie that I had completely grown myself. Everything. Apples, wheat, lard, maple syrup, *everything*."

it, "Most people who are coming into farming are doing it because it answers something really deep inside of them. It's not so different from being a writer or a painter or a dancer." There's little money in it, but healthy living, spiritual satisfaction and camaraderie are attractive benefits.

For a kid wanting to learn everything possible about organic agriculture, Essex Farm is Harvard. Most farms specialize in just vegetables, but on Essex Farm you can grow everything from barley to Brussels sprouts plus learn to milk a cow, pluck a chicken, fix a combine and, best of all, work a team of draft horses. "Horses are a great way to get people thinking about the energy that goes into their food," says Kristin. "It's such a direct lesson when you're watching a horse sweat and work. And it makes you a better farmer."

Essex County can now count two spinoff, horse-powered farms as well as a creamery and a butcher shop, founded by Essex Farm alums. In 2012, in recognition that the farmers they were cultivating were as important as the veggies, the Kimballs founded the Essex Farm Institute, which offers week-long "Introduction to Farming" courses, summer internships and programs taught by other leaders in the sustainable-agriculture movement.



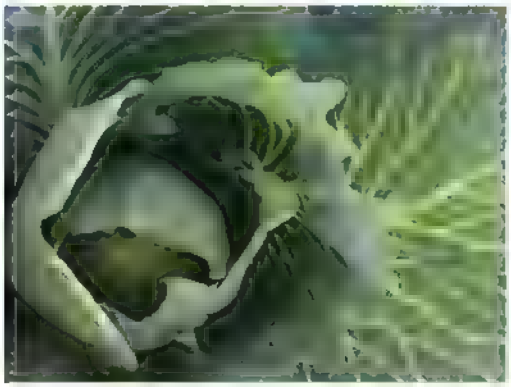
THE GRANGE

Founded after the Civil War, the Grange was long the preeminent agricultural society in the United States and its halls were the social hubs of many rural communities, but most have been shuttered for decades. Essex's closed in the 1990s. But starting in 2008, a group of volunteers spent hundreds of hours resurrecting it. One of them was Essex Farm member Mary-Nell Bockman, who had just moved to the area from New Jersey. "We thought we'd be living like hermits, but it's been just the opposite. We found this lively, welcoming community. Seeing the commitment that Mark and Kristin made motivated me to put more back into the community," she says. Today, the Grange boasts a full docket of dances, concerts, theater, classes, lectures, a film series and occasionally a sing-a-long supper. Bockman is the program manager. "The place really hums," she says, and that's the goal. "You can't solve people's economic problems, but you can give them a reason to stay."

You can also help the farms thrive, which was always part of the Grange's purpose. The basement of the reborn Grange includes a licensed commercial kitchen and canning center that can be rented by the hour. It gives CSA members the tools to deal with the inevitable glut of summer veggies, and allows commercial farms to make value-added products

Old-fashioned draft-horse power (*left*) at Reber Rock Farm and a modern food-production kitchen at the Grange (*above*) have been driving factors behind an economic revival. The main street in Essex, New York (*below*), has seen an influx of new businesses.

Racey Bingham (*right*) picks calendula flowers to turn into medicinal tinctures and salves as well as soaps that are sold at the Reber Rock Farm Store.



THE GREENHORNS

In 2012 Severine von Tscharner Fleming got a taste of the Essex phenomenon when her organization the Greenhorns, a nonprofit that supports young farmers, hosted a mixer at the Grange. Over 300 people showed up. "We packed the Grange! We had a pig roast, seminars, a puppet show and a punk band with trombones. It was really fun."

Fleming was so taken with the Essex farming scene that when soaring rents pushed the Greenhorns out of their office in Hudson, New York, she said to herself, "I'm going north where the kids are!" She moved to Essex and turned a drafty old house into Greenhorns Central. Fleming and her constantly morphing crew of volunteers make films, disseminate information and even host "weed dating" events (weed a field next to a different person every few minutes)

In 2013, a promotional enterprise organized by the Greenhorns gave the commercial kitchen at the Grange its most triumphant moment. Pickles, sauces, syrup and other goodies made at the facility were loaded onto a wind-powered barge, sailed down Lake Champlain and the Hudson River, and sold to New York City restaurants, retailers and food co-ops for the first zero-emissions cargo delivery since the 1980s.

NORTH COUNTRY CREAMERY

Ashlee Kleinhammer had been working on small cheesemaking farms in Vermont for several years when she heard about Essex Farm. She visited and was hooked. "I thought the full-diet CSA model was really inspiring," She soon took charge of their dairy operation. "After a year, I realized that I wanted autonomy and responsibility."

So when an opportunity arose to take over a shuttered dairy half an hour from Essex Farm, Kleinhammer and her boyfriend, Steven Googin, jumped on it.

In 2013, they launched North Country Creamery, which sells farmstead cheeses, yogurt and milk at co-ops and farmers' markets and through its own CSA and farm

Aubrey Schatz pours milk at Essex Farm's dairy barn. CSA members get whole milk, cheese and butter, which tastes "transformative," according to the Greenhorns' Severine von Tscharner Fleming (*opposite top*).

store. The following year they opened the Clover Mead Café. Now the "neighborhood," about 20 miles from Essex Farm, has become a showpiece for the Essex County food revival. You can grab a grilled cheese sandwich at the café, pick up some bacon, eggs and steaks from the Essex Farm alumni at Mace Chasm Farm and finish off with a beer at the recently opened Ausable Brewing Company.

It's a lifestyle that many people are drawn to. "The community is healthy, thriving, growing," says Kleinhammer. "There are just more and more young farmers moving to the area. Our first apprentice came from Cleveland. Her mom dropped her off so she could make sure we weren't sketchballs, and the mom ended up buying a house and moving here permanently. That's how communities snowball."

THE FORMER GOVERNOR

When visitors approach Essex by ferry from Vermont, their eyes are invariably drawn from the town to the exquisite 300-acre farm just south of it: a sweep of green fields, munching cows, an 1880s farmhouse and a barn so red it makes your heart quake. New York governor George Pataki and his wife, Libby, were so drawn to the place that they bought it in 2002. Now the Patakis spend as much time as possible there. "What drew us to Essex was the location within the Adirondack Park," says Libby. "We love the influx of young people wanting to move into the area to lead lives on a farm. What could be more positive than upbeat young people who work very hard, and want to live healthy and productive lives, even if there are no guarantees of future wealth? The dynamics of our region have changed and a lot of lights have been turned back on. Essex Farm's young graduates have emerged and begun their own small farming operations, and in that sense they are a model for agricultural revival nationwide."

The Patakis have played no small part in this revival, teaming up with the Essex Farm Institute on fundraisers and walking the walk on their own farm. "We're raising pasture-fed cattle," Libby says. "We have chickens and a large vegetable patch. We grow our own berries and make jams; we have nut trees and fruit orchards. With the exception of our cattle, we are an in-house operation and consume most everything we raise. And we love it all."

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MASTER RECIPE + 5 TASTY VARIATIONS

Soup's On!

We've simmered down our favorite technique for making super-flavorful chicken soup into 5 simple steps. Follow this plan and you'll be serving up bowls of soup brimming with vegetables and fiber with a fraction of the sodium found in traditional soups. Start with a classic combination of carrots, celery, peas and egg noodles or go for a different blend of vegetables and seasonings to create your new favorite chicken soup.

For more comforting fall soups, visit eatingwell.com/webextra

Changeable Chicken Soup

Whether you go for the chicken noodle or have a taste for fiery Moroccan-inspired soup, we've got you covered. Every great pot starts with garlic, onions, bone-in chicken breast and low-sodium broth. From there, make it your own with your favorite mix of herbs, spices, vegetables, grains and/or beans.

1 Lay the base

The best soups start with a combination of aromatic vegetables cooked in oil to bring out their flavor. To start, heat 2 Tbsp. extra-virgin olive oil in a large pot over medium heat; add 1 cup chopped onion and 2 large minced garlic cloves. Cook, stirring, until softened, 2 to 3 minutes. Add 2 to 4 tsp. seasonings. Cook, stirring, 1 to 2 minutes more.

SEASONINGS

- ☐ bay leaf
- ☐ marjoram
- ☐ oregano
- ☐ rosemary
- ☐ sage
- ☐ thyme
- ☐ allspice
- ☐ cayenne
- ☐ chili powder
- ☐ chipotle
- ☐ cinnamon
- ☐ coriander
- ☐ cumin
- ☐ curry powder
- ☐ paprika
- ☐ chipotle chiles in adobo
- ☐ ginger
- ☐ lemongrass

2 Hack homemade broth

Save time by using boxed or canned broth (look for low-sodium options with about 150 mg sodium per cup). Make it taste like homemade stock by cooking the chicken for the soup in the broth before adding other ingredients. Pour 8 cups low-sodium chicken broth into the pot with the seasonings. Add 2 lb. bone-in chicken breasts (without skin); simmer until cooked through (165°F on an instant-read thermometer), 20 to 22 minutes. While it cooks, skim any foam from the surface to keep the broth clear. Transfer the chicken to a clean cutting board to cool, then shred or chop into bite-size pieces.

MAKE-AHEAD TIP
Store cooked noodles or grains separately from the rest of the soup and add them

CHIPOTLE CHICKEN & VEGETABLE

SEASONINGS: 2 tsp. finely chopped chipotle peppers in adobo (or 1 tsp. ground chipotle), 1½ tsp. ground cumin, ¼ tsp. allspice
VEGETABLES: 3 cups corn kernels, 2 cups sliced zucchini, 2 cups halved cherry tomatoes
GRAINS: 3 cups cooked brown rice
FLAVOR BOOST: 2 to 3 Tbsp. lime juice

ALL SOUPS SERVE 8: 1½-1¾ CUPS EACH For nutrition analysis, see recipe index on page 94

CLASSIC

SEASONINGS: 1 tsp. dried thyme, 1 bay leaf
VEGETABLES: 2 cups each sliced celery, sliced carrots and frozen peas
GRAINS: 3 cups cooked whole-wheat egg noodles
FLAVOR BOOST: ¼ cup chopped fresh parsley

3 Load up with veggies

A bowl of soup can be a great way to help you get more vegetables into your day. Add 6 to 8 cups vegetables to the broth after you take out the chicken. Return to a simmer and cook until the vegetables are tender, 4 to 10 minutes.

VEGETABLES (fresh or frozen, thawed)

- ☐ bell pepper
- ☐ celeriac
- ☐ potato, yellow or red
- ☐ rutabaga
- ☐ sweet potato
- ☐ turnip
- ☐ winter squash
- ☐ broccoli or broccolini
- ☐ cauliflower
- ☐ chard
- ☐ collards
- ☐ green beans
- ☐ kale
- ☐ spinach
- ☐ tomatoes
- ☐ cabbage
- ☐ carrots
- ☐ celery
- ☐ fennel
- ☐ mushrooms
- ☐ zucchini or summer squash
- ☐ corn kernels
- ☐ shelled peas

4 Bump up fiber

Add 3 cups cooked whole grains or 1½ cups cooked beans (or one 15-oz. can rinsed beans) to the pot. Stir in the chicken, 1¼ tsp. salt and ½ tsp. pepper. Cook until heated through.

PASTA/GRAINS/BEANS

- ☐ egg noodles
- ☐ fusilli
- ☐ macaroni
- ☐ orzo
- ☐ spaghetti
- ☐ wagon wheels
- ☐ barley
- ☐ brown rice
- ☐ couscous, whole-wheat
- ☐ farro
- ☐ freekeh
- ☐ millet
- ☐ quinoa
- ☐ wheat berries
- ☐ black beans
- ☐ cannellini or navy beans
- ☐ chickpeas
- ☐ kidney beans

5 Finish with flair

Just before serving, add one more layer of flavor. You can add a pop of freshness with something as simple as chopped parsley or a squeeze of lime. For a more complex finish, stir in some pesto or chile paste.

HERBS (fresh)

- ☐ basil
- ☐ chives
- ☐ cilantro
- ☐ dill
- ☐ mint
- ☐ parsley
- ☐ tarragon

SPICY

- ☐ chimichurri
- ☐ pesto
- ☐ salsa verde
- ☐ chile-garlic
- ☐ curry paste
- ☐ harissa
- ☐ sriracha

ACID

- ☐ lemon juice
- ☐ lime juice
- ☐ vinegar

UMAMI

- ☐ fish sauce
- ☐ miso
- ☐ reduced-sodium soy sauce or tamari

MOROCCAN CHICKEN & SWEET POTATO

SEASONINGS: 1½ tsp. ground **cumin**, ½ tsp. ground **cinnamon**, ¼ tsp. **cayenne**
VEGETABLES: 3 cups diced **sweet potato**, 2 cups diced **red bell pepper**, 2 cups **green beans** (1-inch pieces)
BEANS: 15-oz. can **chickpeas**, rinsed
FLAVOR BOOST: 1 tsp. **harissa** (see *Tip*, page 92), or to taste

JAPANESE CHICKEN NOODLE

SEASONING: 1 Tbsp. minced fresh **ginger**
VEGETABLES: 3 cups sliced **green cabbage**, 2 cups sliced **shiitake mushroom caps**, 2 cups thinly sliced **carrots**
GRAINS: 3 cups cooked **udon noodles** or **whole-wheat spaghetti**
FLAVOR BOOST: 2 Tbsp. **white miso**

PESTO CHICKEN & CANNELLINI BEAN

SEASONINGS: 1 tsp. dried **marjoram**, 1 tsp. dried **oregano**
VEGETABLES: 3 cups sliced **fennel**, 3 cups chopped **broccolini** (1-inch pieces), 2 cups chopped fresh **tomatoes**
BEANS: 15-oz. can **cannellini beans**, rinsed
FLAVOR BOOST: ¼ cup **pesto**

You can make your own **tostadas** (*page 55*) using fresh corn tortillas: Heat about ½ inch canola, peanut or avocado oil in a small skillet over medium heat. Add a corn tortilla and cook for 1 to 2 minutes. Flip and cook until crisp, 1 to 2 minutes. Drain on paper towels. Repeat until all tortillas are cooked, reducing heat, if necessary, to prevent the oil from smoking or splattering.

Harissa (*page 91*) is a fiery Tunisian chile paste commonly used in North African cooking. Find it at specialty-food stores or online. Different brands vary in heat, so start with a little and taste as you go.

Oat flour (*page 20*) is made from finely milled whole oats. It's a good source of dietary fiber and whole grains. Try it in place of a portion of other flour in recipes like pancakes, quick breads and muffins. Look for it with other whole-grain flours or near gluten-free flours. Or make your own: Grind old-fashioned rolled oats in a blender or food processor until they are the texture of flour.

Go for **sustainably raised shrimp** (*pages 38, 79*). Look for fresh or frozen shrimp certified by an independent agency, such as the Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

For sustainable **chunk light tuna** (*page 72*), look for the blue Certified Sustainable Seafood label from the Marine Stewardship Council. The certification means the tuna was troll- or pole-and-line caught, which are sustainable for the fish and the environment. We call for chunk light tuna because it's significantly lower in mercury than albacore ("solid white" tuna)—making it a better choice for health, especially for pregnant women, nursing mothers and children. According to the FDA and EPA, these at-risk groups should still limit their consumption of lower-mercury tuna to 12 ounces a week. The Environmental Working Group (EWG) suggests limiting it even more. (For more info, see the EWG's Seafood Calculator at *ewg.org*.)

New-to-the-market Safe Catch tuna (*pictured*) is currently the only company that tests 100% of its tuna for mercury. It guarantees that the levels in Safe Catch Elite (aka skipjack) are well below the FDA limit for chunk light tuna.

Q. What's the simplest way to make baked goods gluten-free?

—D. CLIFTON, DURHAM, NC

A. Gluten—a combination of proteins found in wheat, rye and/or barley flour—gives structure and elasticity to baked goods. When you remove gluten, the support needed to lift and lighten the treats during baking is missing. The results can be dense, gummy or crumbly. The best gluten-free (GF) baked goods are made with a blend of GF flours, starches and often natural "gums," such as xanthan gum, to replicate a traditional texture.

Stumped in the Kitchen?
Send your cooking questions to Test Kitchen Manager Stacy Fraser at askus@eatingwell.com.

You can make your own GF flour blend or keep it simple and choose one of the blends already on the market. We swapped four different GF flour blends (*pictured*) for the wheat flour(s) in our Chocolate-Beet Cupcakes (*page 42*), Banana-Blueberry Muffins and Bev's Chocolate Chip Cookies (both at *eatingwell.com*). Each one produced a slightly different texture compared to the non-GF versions, but all received two thumbs-up in our taste tests.

When buying a GF flour blend, check the label. Those labeled *flour* are formulated to swap for an equal amount of wheat flour. Those labeled *baking mixes* can only be used in place of other mixes (like Bisquick) or in the manufacturer's own recipes.

TIPS FOR GLUTEN-FREE BAKING

To reduce crumbliness: Check your blend. If it's formulated without any "gums," add ¼ to ½ tsp. xanthan gum for each cup of flour.

To get the best rise: Dissolve baking soda and/or baking powder in liquid instead of combining with the dry ingredients.

To eliminate grittiness: Let batters rest for at least 30 minutes (or up to overnight in the refrigerator) to hydrate the flours.

To keep fresh longer: Store GF baked goods airtight in the refrigerator instead of at room temperature.

EDITOR'S PICK: "For apple-pie season, I like this all-in-one apple peeler/corer. It makes quick work of prepping lots of apples. Made of enameled cast steel, it's an old-fashioned convenience tool updated with a suction base that's easier on countertops than the kind that clamps on. It's a handy gadget for making the apple recipes in this issue (*see page 56*). This one is from Williams-Sonoma."
—Wendy Ruopp, Managing Editor

BOTTOM ROW: ERIC G. ALLEN

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RECIPE & NUTRITION INDEX

		45 MIN OR LESS	BUDGET	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)	DAILY VALUE (15%+) CALCIUM	FOLATE	IRON	VITAMIN A	VITAMIN B12	VITAMIN C
BREAKFAST																			
18	Almond Butter & Banana Protein Smoothie	■	■		■	■	■	■	402	22/2	37	9	376						15
20	Oatmeal Almond Protein Pancakes	■	■	■	■	■			328	18/2	22	4	541		24		56		
59	Slow Cooker Chai Apple Butter					■	■	■	53	0/0	14	1	43						
SIDES																			
44	Balsamic Glazed Beets with Pecans	■	■	■	■	■		■	130	7/2	16	5	256			39			
72	Creamed Kale	■	■	■	■	■			159	7/2	19	3	223		29	15		275	272
42	Pear & Chioggia Beet Slaw	■	■	■	■	■		■	166	10/1	19	4	221			22		93	18
44	Red Pepper Hash	■	■	■	■	■	■	■	189	7/1	29	5	364			26			23
69	Spanakopita Loaded Potatoes		■	■		■		■	197	8/4	24	4	334		19	36	15	110	42
SOUP																			
90	Chipotle Chicken & Vegetable Soup		■	■	■			■	310	9/2	35	4	498						29
90	Classic Chicken Soup		■	■	■				291	8/2	28	4	553			23	16	120	21
91	Japanese Chicken Noodle Soup		■	■	■				242	8/2	20	3	674					66	21
91	Moroccan Chicken & Sweet Potato Soup		■	■	■			■	268	8/2	26	5	585					170	89
91	Pesto Chicken & Cannellini Bean Soup			■	■			■	264	11/2	18	5	656					18	54
VEGETARIAN																			
55	Butternut Squash & Black Bean Tostadas	■	■			■		■	422	21/5	51	11	657		25	36	24	374	64
76	Dan Dan Noodles with Spinach & Walnuts		■		■	■	■		488	25/3	54	7	347		15	61	29	103	69
70	Kale & White Bean Potpie with Chive Biscuits		■			■			310	13/5	43	9	558	■	26	23	33	220	187
32	Millet Stuffed Peppers with Ginger & Tofu	■	■		■	■	■	■	344	15/2	39	6	413	■		19		167	180
50	Squash & Red Lentil Curry	■	■			■	■	■	326	12/5	46	13	735	■		62	28	248	64
SEAFOOD																			
79	Dan Dan Noodles with Shrimp	■	■		■				387	12/2	51	4	585			31	15		
50	Roasted Salmon & Butternut Squash Salad	■			■			■	422	23/4	22	4	706		20	23		274	100 101
72	Spinach & Tuna Noodle Casserole		■						322	16/7	28	4	394	■		19	35	19	77	22
38	Two Pepper Shrimp with Creamy Pecorino Oats	■			■				342	15/5	20	5	678	■		33	59	28	221	60
CHICKEN																			
63	Apple & Grilled Chicken Salad with Cheddar Toasts								397	19/5	28	8	550	■		18	43		53	20
77	Dan Dan Noodles with Chicken & Baby Bok Choy		■		■				470	19/3	50	5	285				35	21	65	36
52	Roasted Autumn Vegetables & Chicken Sausage	■			■			■	334	16/2	34	8	599	■			27	15	317	201
32	Roasted Chicken & Vegetable Quinoa Salad	■			■				516	24/4	43	10	711	■			63	25	248	24
MEAT																			
34	Beef & Bulgur Burgers with Blue Cheese	■	■						346	18/7	17	4	422	■				17	38
78	Dan Dan Noodles with Pork & Snow Peas		■		■				464	18/3	49	5	452				33	24	38
36	Freekeh Tabbouleh with Spiced Lamb Kofta	■							508	28/9	33	8	537				15	25	46 34 69
70	Ham & Chard Stuffed Shells		■						258	12/4	24	3	646	■		20		16	79	53
60	Prosciutto Wrapped Pork with Roasted Apples & Fennel		■		■	■		■	262	11/2	17	4	497	■					17
72	Spicy Meatloaf with Collards		■						317	14/4	20	4	563	■		19	22	16	55 27 34
DESSERTS																			
63	Apple-Cherry Strudel with Cider Whipped Cream		■			■			345	18/8	42	2	216						
42	Chocolate-Beet Cupcakes with Cream Cheese Frosting		■	■	■	■			221	8/2	34	3	252	■			16		

KEY TO RECIPE INDEX COLUMNS

45 MIN OR LESS: A recipe's start-to-finish time
BUDGET: Entrees that cost less than $3 per serving; sides and desserts that cost less than $1.50 per serving.
LOW-CAL: Entrees have ≤350 calories per serving; combination meals (protein plus starch **or** vegetable) have ≤420 calories; complete meals (protein plus starch **and** vegetable) have ≤500 calories. Side dishes, muffins, breads and desserts have ≤250 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤3 g saturated fat per serving (seafood entrees have ≤5 g); combination meals (protein plus starch **or** vegetable) have ≤5 g (seafood ≤7 g); complete meals (protein plus starch **and** vegetable), including seafood meals, have ≤7 g. Side dishes, muffins, breads and desserts have ≤2 g saturated fat per serving; dips and salsas have ≤1 g.
VEGETARIAN: Meatless or includes meatless options.
VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.
% DAILY VALUE: When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

More information is available at ***eatingwell.com/go/guidelines***

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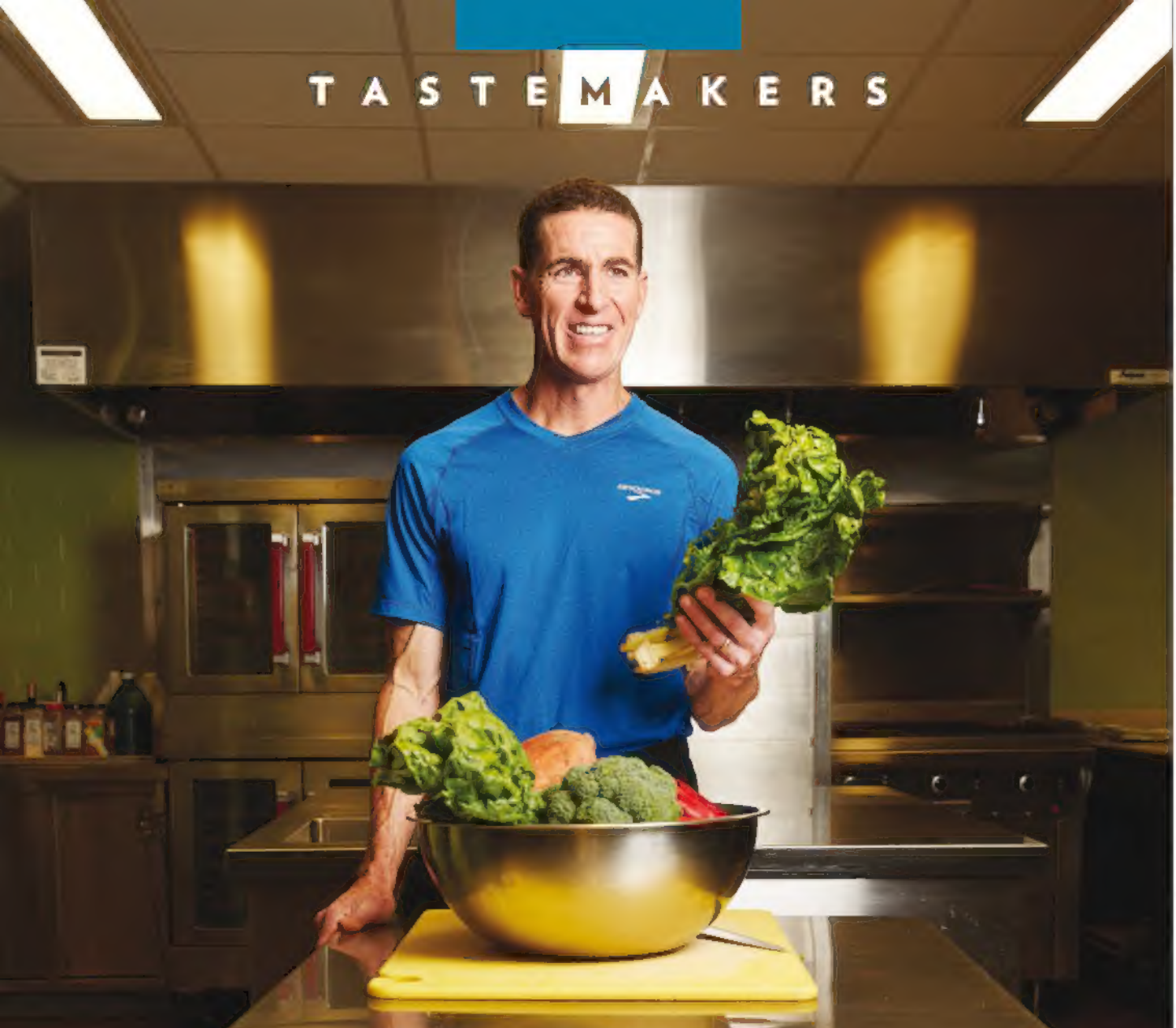

Cafeteria Crusader

How one dad came to the rescue to help transform school lunch. By Jane Dornbusch

WHO HE IS When Vincent Connelly took time off to raise his three kids, he became concerned about the quality of food served at their elementary school in Brookline, Mass. "It wasn't wholesome," he says. "It was just heat-and-serve stuff: frozen chicken fingers, pizza." Connelly, a former marathoner who runs 13 miles before work every day, isn't one to stand idly by. Having worked for years in restaurant kitchens, he volunteered at the school, and soon those chicken fingers were homemade and meatballs were a mix of beef and tofu. The nearby town of Cambridge noticed his work and approached him about bringing healthier meals to its district.

WHAT HE DID While Connelly was working in Cambridge's elementary schools, Cambridge Rindge & Latin School renovated its kitchen facilities, making cooking from scratch possible for the first time. That's when Chef Vin, as he's universally known, overhauled every menu item. Everything from roasted vegetables to ethnic dishes like Ethiopian *doro wat* is made fresh daily. "It's all scratch, nothing processed," says the chef. He's quick to credit his staff—"so much of it is having people who know how to cook"—and the support of an engaged community. Careful management and purchasing strategies help keep costs under control.

WHY IT'S COOL Students are buying into the new offerings: lunch sales have nearly quadrupled since Chef Vin took over, helping those who need it most (more than 40% of students receive free or reduced-price lunch). But all the students are benefiting from the changes. "A huge number of [kids] who could go to the deli down the street for lunch choose to eat in the building," notes Mellissa Honeywood, R.D., the district's director of food and nutrition services. "That's a testament to Vinnie's finesse." Elo Deneus, 18, who graduated in June, appreciated the upgrades. "The food tastes good, and it's healthy for you. It's a win-win."

ROSEMARY KELLY DAVIDSON

Know a Tastemaker? Email *editor@eatingwell.com*

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